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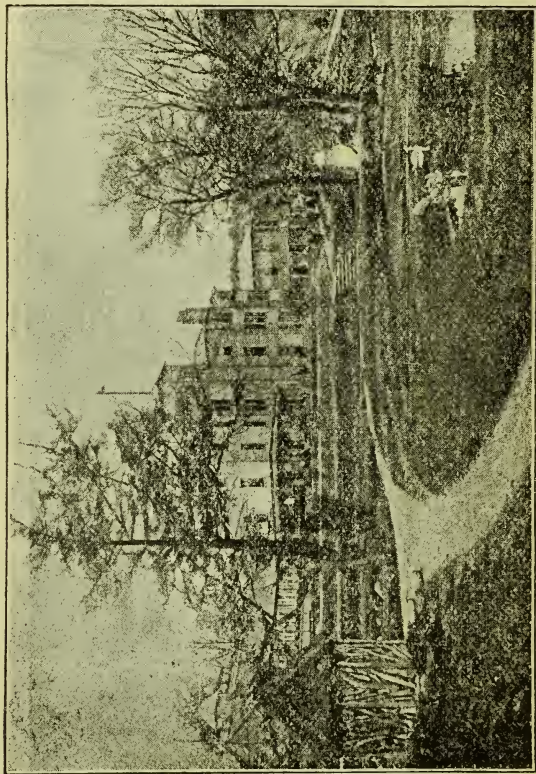
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other useful information.*

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PREFACE.

THE Proprietors venture to hope that the present edition of their Dictionary of Bathing-places and Climatic Health Resorts will be found to be greatly improved, as they have spared no trouble or expense in endeavouring to bring it up to date and make it reliable. The work itself has been much enlarged, the introductory chapters and the articles on important stations, such as Baden-Baden, Davos, Homburg, St. Moritz, Maloja, Schwalbach, Wiesbaden and others, have been re-written at great length. They desire to take this opportunity of thanking those who have helped them by kindly suggesting improvements and pointing out errors, and they would especially mention in this respect Dr. E. P. Philpots, of Southcliffe, Bournemouth, who has corrected and re-written several articles, and whose great experience in matters connected with health resorts has been of immense assistance in revising this edition. They are also much indebted to Dr. Alfred Levertin, of Stockholm, for kindly reviewing all notices concerning places in Sweden and Norway, which are now complete and correct. As the area with which this work deals is so large, changes in doctors' names and other particulars are constantly occurring, and the Proprietors are always extremely grateful when readers are kind enough to point out necessary corrections.

B. BRADSHAW & CO.,
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ABBREVIATIONS.

P.L.M. Paris, Lyons, and Mediterranean Railway.

P. & F. South of France (Midi) Railway.

N.F. North ,, ,,

E.F. East ,, ,,

O.F. West ,, ,,

Orl. Orléans Railway.

P.S.R. Prussian State Railways.

B.R. Belgian Railways.

D.R. Dutch Railways.

S.A.R. South Austrian Railway.

C.G.T. Compagnie Générale Transatlantic.

T. Temperature.

F. Fahrenheit.

F. Franc.

C. Centime.

M. Marks.

Pf. Pfennigs.

K. Kilomètres.

CONTENTS.

	PAGE
Abbreviations	vi
Introductory chapters addressed to visitors at watering- places	ix
Mineral waters—their constituents	xv
Suggestions to those leaving home to take Continental mineral waters or baths	xix
Calendar	xxiv
Comparative tables of the Centigrade, Réaumar and Fahrenheit thermometers	xxv
Table of diseases, shewing where they are most effectually treated	xxvii
Comparative table of the more important climatic and winter stations	xlvi
Table shewing the quickest and cheapest routes to watering- places and general health resorts	xlix
General description of places (alphabetically arranged)	1
Explanation of some technical terms	435
Advertisements.	

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INTRODUCTORY CHAPTER

ADDRESSED TO VISITORS AT WATERING-PLACES.

THE curative effect of mineral waters, administered either internally or used as baths, is looked upon now as the same established fact it was known to be hundreds of years ago. By the doctrines of "elective affinity" it is proved beyond doubt that certain diseases and certain constitutions are influenced by hydropathic treatment, when ordinary allopathic routine fails to effect a cure. The water-cure—excellent as it is—is not of universal application, and those who are sufficiently infatuated with it to adopt this suggestion have caused it to be ridiculed. Constitutions and diseases should be selected for this form of treatment, which may be called a treatment of "persuasion" as opposed to one of "force," the latter in many instances being a correct term to apply to ordinary treatment by drugs. A mineral water will often insidiously find its way to the *fons et origo* of a disease, and cure it, when drug treatment has aggravated it. There are few medical ailments for which some kind of mineral water cannot be given as a suitable remedy, but those diseases which are the outcome of an "excess of civilization," stand pre-eminently forward as suitable for this form of treatment. These diseases are brought about by the adoption of habits which nature rebels at, such as excess of luxury, eating, drinking, venery, the exposure to, or confinement of the body in

unnatural surroundings, such as the poisonous atmospheres of offices, theatres, and overcrowded districts: this state of affairs at some period, immediate or remote, brings about an abnormal condition; nature's banking account has been overdrawn, and she refuses further credit.

It might be in order here to give an exaggerated illustration of the routine, and probable results, of "a course of mineral waters," in an imaginative case. Let us take a wealthy Parisian banker, financier, or broker, whose great aim of existence are the enjoyment of life—which means a maximum of ease, luxury, comfort, and self-gratification—and money making. His daily programme is made up of late hours, and a ringing of the changes of every possible error of diet and hygiene generally. Month after month goes by, and this programme is daily repeated; it slowly and insidiously sows the elements of disease in his system, and when these are developed into something substantive he seeks medical advice, and is ordered to take a course of the baths and waters at—let us say Mont Dore, for the waters there being but slightly mineralized, and the hydropathic treatment generally being the *modus operandi*, this bathing-place illustrates. Here his case is gone into by a shrewd physician, who at once recognises the reasons at the back of his being sent to him for treatment—his engorged liver, his bilious dyspepsia, his gouty tendencies, his suffused face, all combine to tell the same story. The patient's former daily programme is judiciously reversed. He has to rise at six a.m., and retire at nine p.m. His smoking is reduced to two cigarettes per diem; his diet is ordered to be of the plainest and easiest-to-digest description; foot exercise is prescribed, and a daily bath is given, which results in "profuse diaphoresis" (or perspiration). This routine relieves the patient's system of a lot of effete matter which has been collecting in his system for months. The glands of the skin re-commence their work, and the change brought about is soon noticed by the invalid. He loses flesh, and feels probably

weakened at first, by the loss of a lot of abnormal material which has entered his body under unhealthy conditions, but his weakness is but the precursor of the natural strength and tone which day by day are becoming more in evidence. At length he returns cured; he weighs and feels lighter, his muscles and his mucous membrane have recovered their tone, his liver is of its natural size, and his improved complexion is brought about by the absence of the congested superficial blood vessels which were overcrowding his face. It is but fair to say that the water-cure has saved this man a serious illness; it may have saved his life.

Again, the "Society lady," who goes through a still more aggravated routine than the man before referred to, inasmuch as she has "no occupation" to employ her time with, gets into an equally bad, if not worse state of health than he does, for she has sensitive organs which a disturbed and unbalanced circulation soon plays havoc with. See her white (anæmic) face, note her nervous dyscrasia, productive of irritability and unhappy "pettishness"; she is "always in the doctor's hands." No wonder! What treatment can do her as much good as the one which removes her from the temptations to ruin her constitution which her social life so continually places before her, and which substitutes, therefore, an "alterative routine," calculated to give nature a chance of recuperation? See her after her visit to Schwalbach, Kreuznach, or Nauheim, and ask her if she has been there in vain: let her face tell its own story. The artificial existence which some of our modern "slaves to society" lead is another name for sterility, shattered nerves, diseased heart, and a short life.

Unfortunately this country, from a mineral water point of view, labours under three great disadvantages. First, we have few good mineral springs. Secondly, the "water-cure" is not as popular with us as it might be; and Thirdly, the routine of treatment at our Spas is not gone into in the "thorough" way

it is abroad, where in most instances it is under Government supervision, and worked for a profit. The Town Council of a foreign Spa says: "We have a splendid mineral spring here; people come from all parts to bathe in it and drink it; let us turn it to account, work it at a profit, and let its location be the nucleus for developing our centre." Accordingly the town applies to the Government for powers to develop; these being granted, a kurhaus, kursaal, or casino is erected at the source of the spring; here are ball-rooms, theatres, and restaurants, all "run" by the corporation. A splendid band is engaged, dances, tournaments, concerts, fireworks, *fêtes, et hoc genus omne*, are officially arranged, and those who come for "the cure" almost forget they are invalids (which is a great point gained) in the enjoyment of the attractions provided. Moreover, there is an element of sociality in the cure; the open-air dinners, the promenades, &c., all combine to localize the patients, and place them "within touch" of each other, and they become as it were during their stay one large family; but—they have to pay for all this—for a compulsory tax (kurtax) is levied, which is by no means given *à discretion*, but payment is enforced, and this tax provides for the entertainment of the visitor. Where in England would matters be gone into in the same business-like manner as this? Where would the English Health Resort or Spa be that followed out this method of action? Nowhere. Yet English people will go abroad and pay the local visitors' tax with pleasure, and it is a part of "the cure" to "go abroad and improve their accent." The Englishman changes his identity abroad; he eats, says, and does things away from home he would never dream of thinking of in his own country; he associates with people who either would not associate with him, or he with them, on British soil. He has come to get "cured" under the most agreeable circumstances; his change of life is rest to him, and if he does give the waiters "the change," and the hotel proprietors and the railway companies "the rest," he

has spent his money well, and at least found subject for pleasant conversation for a considerable time after his return home. In short, it is not the "waters" only which cure; it is the change of diet, air, scene, associations, habits, climate, cookery, society, doctor, and a hundred other "alterative reversals" which, combined with the treatment, help it to effect the desired cure.

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MINERAL WATERS—(*Their Constituents*).

—:O:—

To go fully into the therapeutics of mineral waters would entail enough physiology, histology, pharmacy and therapy to fill volumes. If an invalid has made up his mind to try “a course of mineral waters,” let him consult his physician as to where and when he should go, and he need not be surprised or think less of that physician if that functionary professes his ignorance upon matters hydropathic, the fact being that the water-cure is not “the fashion” with us, and our medical schools and our universities do not educate medical students with a view of examining them upon this subject. The patient should by some means or other, such as the study of this book, get to know the springs suitable to use in his case, and write to the Kurhaus Director of that place, or to one of the medical men for full information, which information will most probably reach him by return of post. If he is divided in opinion as to the choice of the several localities he may have written to, let him take the advice of his physician, after the latter has perused an analysis of the waters, and the class of cases received and treated.

The classification of mineral waters may be arranged as follows :—

I. INDIFFERENT WATERS.—(The term “indifferent” is rather unfortunate, as it merely refers to the waters having a minimum or “indifferent” amount of mineral matter in solution.) These waters are ordinary waters, naturally hot or cold, as the case may be, and used simply for bathing purposes, and for the practice of hydropathy, such as is carried on in “hydropathic

establishments" in this country. Various properties are referred to these waters abroad; for instance, the Schlangenbad water is "oily" to the touch, and has a softening effect upon the skin; and the heat of the pure water of the Ragatz-Pfaffers spring, 98 deg. Fahrenheit, is supposed to differ from other forms of heat, and to possess certain mysterious virtues, the result of electricity, or of some undiscovered element the *savants* of the present day blushing to confess their ignorance of.

II. ALKALINE WATERS.—These contain sufficient free alkali to effect test paper, or an alkali neutralized with carbonic acid in excess, forming a bicarbonate, such as Vichy.

III. ALKALINE-SALINE WATERS. — These contain alkaline waters, mixed with some saline matter formed by the combination of an acid with a base, such as Carlsbad.

IV. BITTER WATERS. — These contain sulphate of soda or magnesia in excess, such as Hunyadi Janos. Some of them in addition contain an amount of free acid, which forms them into what are called acidulated-bitter waters.

V. SALINE WATERS.—These contain the oxide of some mineral formed with a salt by being combined with some acid or gas.

VI. BROMINE AND IODINE WATERS.—Are waters which contain bromides and iodides in connection with a base, such as sodium or potassium. Creuznach and Woodhall Spa waters come under this head, and the largest mineral spring in the world—the sea—provides us with a powerful remedy for many diseases, but the quantity of it nature has provided for us has caused it to be unjustly despised as an internal remedy.

VII. ARSENICAL WATERS.—These contain arsenic, a remedy which as an alterative is one of the best known. The La Bourboule waters are rich in arsenic, and Mont Dore waters contain a small amount of it.

VIII. SULPHUROUS WATERS.—Contain sulphurous acid in combination, or sulphides, such as Aix-la-Chapelle.

IX. FERRUGINOUS WATERS.—Containing iron, such as Schwalbach, Nauheim, Tunbridge Wells.

X. LIME WATERS.—Contain lime. These waters are known to be “hard” from an excess of carbonate of sulphate of lime; the latter salt is one which it is not desirable to introduce into the system in any quantity. Many mineral waters, otherwise excellent, are useless on account of the excess of this salt.

XI. EARTHY WATERS.—Which usually contain crenic acid, a substance which has recently been proved to be of immense service in the treatment of some forms of disease.

XII. EFFERVESCENT WATERS.—Made effervescent by the presence of a gas, which is usually carbonic acid, such as Nauheim, Homburg, Baden-Baden, or of sulphuretted hydrogen gas, such as Harrogate.

It will be impossible for any one, however much his prejudices may be developed, to read this book without acknowledging that balneo-therapeutics form a powerful remedial agent, and are not to be despised. But it is not by reading books, as much as it is by personal observation, that a correct estimate of the value of this form of treatment can be gained. The hundreds of thousands of men and women who find that their enjoyment of health depends upon an occasional course of mineral water treatment, and who are present at these Spas *in proof of what they know to be a fact*, is in itself evidence of the existence of something better than a superstitious belief, with an ignorant foundation to support it.

Many visit the Continent to adopt the milk, whey, Koumiss or grape cures; this dictionary mentions the various places where these methods of treatment are carried out, but the details of treatment, and the physiological and pathological associations connected therewith, are so exclusively confined to foreign members of the medical profession who specially study them, that readers are referred to these gentlemen for any information they may require to possess upon this subject.

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SUGGESTIONS TO THOSE LEAVING HOME TO TAKE CONTINENTAL MINERAL WATERS OR BATHS.

THE invalid at a foreign Spa will do well to bear a few things in mind, which it will be useful for him to know. When he seeks medical advice from a foreign doctor, he must remember that that doctor—if speaking English to him—is addressing him in a foreign tongue, therefore the patient should speak slowly, and precisely, should avoid phraseologies and figures of speech calculated to be misunderstood. He should ask the physician to write down all his instructions as to baths, their temperature, the length of immersion, the number to be taken, the spring; or as to sprays, douches, &c., the exact instructions for the operator, as also for gymnastic exercise, massage, instructions, &c. The German Arzt (doctor) is a very precise man as compared to his English *confrère*, his unusual precision is almost ludicrous; for instance, if he prescribes the grape cure, he tells the patient to try grapes at a certain place, to choose good bunches, not to eat any which looks at all “off colour,” to eat them one by one, not more than so many a minute, to spit out the skins and the seeds, not to crush them with the teeth, and a long story of primitive suggestions of a similar nature. An author, for whom the grape cure was prescribed, humorously dealt with his physician’s instructions, with the result of finding that it would take him three days to eat the quantity of grapes ordered to be consumed in one day, if he only ate them at the rate he was specially instructed to eat them at! This exactitude, however, is a commendable *trait* of character in foreign physicians, however much English doctors may ridicule it, and the patient would do well to most strictly carry out all the directions he receives, no matter how unimportant they may appear to him. He must not be surprised if his “ordinary medical attendant’s” views of his case appear to differ with those of the Continental doctors, nor must he wonder if symptoms made little of “at home” are thought much of abroad, and as it is the smallest straws which shew best the direction of the wind, so is it sometimes the smallest symptom which shews best the nature of the disease. He must remark that he sees the doctor under one of two conditions—either his own “family doctor” has failed to cure him,

or that he has been sent abroad to complete a recovery already begun. The bather should take his own thermometer to the baths, which instrument should be marked for Fahrenheit and Centigrade (see table of comparative temperatures).

No one under medical treatment abroad should patronize any outside "medical institution," without consulting the physician under whose treatment he has placed himself. The Continent abounds with institutions containing all manner of galvanic, spray, douches, inhalation, mechanical, and other contrivances, all "warranted to cure," some very good, others the product of charlatanism. All illustrate to what lengths the inventive genius of mankind will go, when a living depends upon efforts made to impress the public with the importance of some panacea connected with the restoration of "my health."

Arrange so that your visit can be made between May and October (Davos, St. Moritz, and other health resorts for consumptives are, of course, exceptions to this rule).

If economy is to be studied, go in the earlier or later parts of the summer season, when prices are always lower.

If possible, obtain an introduction to some good local medical practitioner. Remember to observe carefully every detail of treatment recommended by your doctor. Recollect that drinking, or bathing in, mineral waters is only *a part* of the cure; diet, exercise, rest, &c., &c., all play their respective parts.

If you drink wine let it be good. A great deal of nonsense has been written about "taking the wine of the country," which is sometimes a "*vin très ordinaire*." You get, as a rule, better cognac than wine at foreign *tables d'hôte*, and mixed with aerated mineral water it is more digestible, pleasant and economical to use as a beverage than wine is; the latter being charged at ridiculously high prices.

Go to good hotels. Make, if possible, "inclusive terms," *en pension*, at the hotel you reside at, and to discover that these terms are "absolutely inclusive," ask for your bill *after a few days' stay*.

Book your rooms beforehand, giving the hotel manager plenty of time to reply.

Be prepared for the change of air, diet, and general surroundings bringing about some immediate and constitutional change; for instance, the drinking water may be much "softer" than that you usually drink at home, and may induce diarrhœa, or *vice versâ*.

Avoid drinking water the product of melted snow, especially if you have any glandular affection.

If you are going to any high altitude, such as Davos or St. Moritz, take some warm underclothing with you, even though you go in the *summer time*.

Let your motto be: "My health, and how best to improve it." Do not let fashion make you her slave; and don't do things "because other people do them." This remark especially applies to such places as Davos Platz and other Continental consumptive resorts, in the cemeteries of which, if many gravestones told the truth, they would mention tobogganing, dancing, lawn tennis, and over-exertion as the cause of the death of those to whose memories they are erected.

To get proper attention from Continental hotel servants it is well to "tip" them. Tell them at the early part of your stay that you intend to remember their attentions, and occasionally make them a present.

If you rent a private house or furnish apartments for yourself, make yourself acquainted with all the legal details connected with your arrangements, to prevent imposition.

Take a passport with you. It is an easy matter to get one, and you never know the service it may be to you, especially as in some parts a passport must be shewn prior to the receipt of a registered letter.

Take your money in English sovereigns, five pound notes, or in circular notes; and be prepared, if you use the latter, to experience a little delay in obtaining the money you require.

You may find that many Continental customs appear inquisitorial and offensive to your English tastes. Recollect you are not in your own country, and on no account lose your temper.

Remember to give up your keys at the Custom House examinations, and help the officers to examine your luggage all you can, rather than look insulted at their investigations.

Take plenty of luggage, but not an excess. On some railways, and in all diligences, every pound weight of luggage is charged for.

Do not take a lot of valuable jewellery, and do not swell the size of your luggage by packing up a lot of newly-made purchases of nick-nacks. If you buy any of these abroad, have them sent home. Parcel post is the cheapest method for light articles.

If you travel by diligence, always make arrangements at least twenty-four hours beforehand, which is the *shortest* time it is necessary to give for obtaining diligence tickets.

Always give your hotel-keeper as long a notice as possible before you leave.

Remember to deposit the key of your bedroom with the hall porter whenever you leave the house (or take it with you), otherwise the hotel-keeper is not responsible for robbery.

Always address any complaints you may have to make to the manager, and do so by letter; it is a more pleasant and effectual way of getting notice taken of your requirements.

In asking for any information as to route, length of stoppages, &c., of the train you are travelling by, always shew your ticket to the guard, or whoever it is you apply to.

Remember that consumptive visitors are refused admittance to many hotels, and that consumption is believed to be infectious all over the Continent.

Always allow at least twenty minutes for taking your tickets and registering your luggage at a railway station, prior to your departure. Remember that the man who stands at the booking office window for several minutes, preventing you from taking your ticket, may be going to some remote part of Russia or Turkey, which necessitates the booking clerk compiling a "book of tickets" for him.

Look at your railway ticket, and see that you receive proper change when you take it, the price of your ticket is marked upon it.

Remember that there are tons' weight of useless coins in circulation on the Continent; these are palmed off on the English on every conceivable occasion. See that the coins you get are those of the country, if not, refuse to take them.

Remember that Swiss and Italian francs are refused in France, and that a German mark is only taken as a franc in France and Switzerland in many places. English money, gold excepted, is useless on the Continent.

Remember that Italian paper money is only circulated for small commercial purposes, and may be refused as proper payment of a purchase; notably, the Italian railways refuse paper money in payment of railway fares, but they give it as change, unless you insist upon having silver.

If you stop *en route* for Customs examination, and you have to leave your carriage, do not return to it until your luggage has been passed and checked. If the train goes on, and it is not examined, it may be left behind.

In Switzerland it is advisable to send heavy luggage on ahead of you by cheaper goods route, unless it is going into another neighbouring country. The movement of all luggage in Switzerland is accompanied with expense.

Always instruct the hall porter to pay the cab which brings you to, and takes you from, your hotel, and have the amount charged in the bill.

In estimating the tariffs of the Swiss hotels, it is necessary to remember that their season only lasts, on the average, three

months (except at Davos, &c.), during which time they have to make an income sufficient to last them for the remaining nine months of the year.

Never take a guide, or *valet de place*, except through your hotel proprietor, and ask him to pay the authorized fees, and charge them in the bill.

Take a conversation book with you ; they are now published in English, French, German, and Italian combined ; price, about 2/-.

Always use a distinctive label on your luggage, or have some very conspicuous mark upon it, and have it plainly marked as to ownership and destination.

Always carry a guide to, and maps of, the district you are in.

Remember, when starting on a journey, to register your luggage, or it will not be put into the train. When registering it, shew your railway ticket, and receive a receipt for all registered.

On arrival at your destination, seek out the porter of the hotel you are going to, who will have the name of the hotel on his cap. Give him the luggage ticket, and he will get your luggage for you.

CALENDAR, 1895.

JANUARY.							FEBRUARY.							MARCH.						
S	...	6	13	20	27	3	10	17	24	3	10	17	24	31		
M	...	7	14	21	28	4	11	18	25	4	11	18	25	...		
T	1	8	15	22	29	5	12	19	26	5	12	19	26	...		
W	2	9	16	23	30	6	13	20	27	6	13	20	27	...		
T	3	10	17	24	31	7	14	21	28	7	14	21	28	...		
F	4	11	18	25	1	8	15	22	1	8	15	22	29	...		
S	5	12	19	26	2	9	16	23	2	9	16	23	30	...		
APRIL.							MAY.							JUNE.						
S	...	7	14	21	28	5	12	19	26	2	9	16	23	30		
M	1	8	15	22	29	6	13	20	27	3	10	17	24	...		
T	2	9	16	23	30	7	14	21	28	4	11	18	25	...		
W	3	10	17	24	1	8	15	22	29	5	12	19	26	...		
T	4	11	18	25	2	9	16	23	30	6	13	20	27	...		
F	5	12	19	26	3	10	17	24	31	7	14	21	28	...		
S	6	13	20	27	4	11	18	25	1	8	15	22	29	...		
JULY.							AUGUST.							SEPTEMBER.						
S	...	7	14	21	28	4	11	18	25	1	8	15	22	29	...	
M	1	8	15	22	29	5	12	19	26	2	9	16	23	30	...	
T	2	9	16	23	30	6	13	20	27	3	10	17	24	...		
W	3	10	17	24	31	7	14	21	28	4	11	18	25	...		
T	4	11	18	25	1	8	15	22	29	5	12	19	26	...		
F	5	12	19	26	2	9	16	23	30	6	13	20	27	...		
S	6	13	20	27	3	10	17	24	31	7	14	21	28	...		
OCTOBER.							NOVEMBER.							DECEMBER.						
S	...	6	13	20	27	3	10	17	24	1	8	15	22	29	...	
M	...	7	14	21	28	4	11	18	25	2	9	16	23	30	...	
T	1	8	15	22	29	5	12	19	26	3	10	17	24	31	...	
W	2	9	16	23	30	6	13	20	27	4	11	18	25	...		
T	3	10	17	24	31	7	14	21	28	5	12	19	26	...		
F	4	11	18	25	1	8	15	22	29	6	13	20	27	...		
S	5	12	19	26	2	9	16	23	30	7	14	21	28	...		

COMPARATIVE TABLES

OF THE

Centigrade, Réaumur and Fahrenheit Thermometers.

Cent.	Réaumur.	Fahr.	Cent.	Réaumur.	Fahr.
°	°	°	°	°	°
100	80·0	212·0	25	20·0	77·0
99	79·2	210·2	24	19·2	75·2
98	78·4	208·4	23	18·4	73·4
97	77·6	206·6	22	17·6	71·6
96	76·8	204·8	21	16·8	69·8
95	76·0	203·0	20	16·0	68·0
94	75·2	201·2	19	15·2	66·2
93	74·4	199·4	18	14·4	64·4
92	73·6	197·6	17	13·6	62·6
91	72·8	195·8	16	12·8	60·8
90	72·0	194·0	15	12·0	59·0
89	71·2	192·2	14	11·2	57·2
88	70·4	190·4	13	10·4	55·4
87	69·6	188·6	12	9·6	53·6
86	68·8	186·8	11	8·8	51·8
85	68·0	185·0	10	8·0	50·0
84	67·2	183·2	9	7·2	48·2
83	66·4	181·4	8	6·4	46·4
82	65·6	179·6	7	5·6	44·6
81	64·8	177·8	6	4·8	42·8
80	64·0	176·0	5	4·0	41·0
79	63·2	174·2	4	3·2	39·2
78	62·4	172·4	3	2·4	37·4
77	61·6	170·6	2	1·6	35·6
76	60·8	168·8	1	0·8	33·8
75	60·0	167·0	zero.	zero.	32·0

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Rupture.

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DISEASES :

AND PLACES WHERE THEY ARE MOST EFFECTUALLY
TREATED.

Name of Disease.	Medium.	Places.
Abdominal swellings.	Iodo-bromide waters	Goczalkowitz, Königsdorff - Jastrzems, Ravone in Casaglia, Sulzbath, Zajzon, Bex, Sulzbrunn.
	Sea baths	North Sea, Atlantic and Mediterranean.
	Saline waters	Karlsbad, Acquae-Albulae, Contrexéville, Baden-Baden, Bertrich, Castro-Caro, Cheltenham, Gerace, Brides, Kissingen, Harrogate, Leamington, Kreuznach, Mehadia, Riolo, Uriage, La Bourboule.
	Sulphurous waters	Acireale, Acquae-Albulae, Aix-les-Bains, Amélie-les-Bains, Baden (Austria), Brussa, Chianciano, Castel St. Pietro, Eaux-Bonnes, Gerace, Harkanyi, H é l w a n, Leamington, Pará d, Telese, Al v e n e u, B a g n è r e s de Bigorre, Caunterets.
Acne	Various waters	Ems, Enghien, Luchon, Schlangenbad, Uriage, Vals, Vichy, Dax, Gastein, Ledesma, Nanclores de Oca, Schinznach, Mont Dore, La Bourboule, Sulzbrunn.
Adenitis	Saline iodurated waters	Castro - Caro, Airthrey, Dürkheim Gazost, Krankenheil, Lipik, Radein, Jvonicz, Baden-Baden, Uriage, Riolo, Sulzbrunn.
	Alum waters	Erdöbenye, Pará d.
	Sea baths	Brittany and French Atlantic coast.
Albuminuria	Alkaline	Karlsbad, Giesshübl, Contrexéville, Neuenahr, Preblau, Teinach, Sulzbrunn.

Name of Disease.	Medium.	Places.
Ataxy (Locomotor)— <i>continued</i>	Hydrotherapy ...	Laubbach, Bushey.
Atrophy ... (Muscular) ...	Saline waters ...	Salins-Moutiers.
	Various waters ...	Baden-Baden, Aix-les-Bains, Loèche, Chianciano, Acireale, Schwalbach.
Bladder Diseases	Alkaline ferruginous	Tarasp.
Blenorrhœa ...	Various waters ...	Buxton, Cervera del Rio Alhama, Amélie, Pyrmont, Tep-litz - Schöna u, Recoaro, Castellamare, Schwalbach.
	Sea baths ...	Baltic and Mediterranean, Bournemouth, &c.
Boils and Abscesses	Sulphurous... ..	Aix-la-Chapelle, Gazost, Guagno, Caldaniccia.
	Saline waters ...	Bourbon-Lancy, Bourbon l'Archambault, Balaruc, La Bourboule, La Garriga.
	Saline sulphurous	Baden (Austria), Mehadia, Uriage, Acireale, Chianciano, Schinznach.
Bones, Diseases of the	Sea baths ...	North Sea, Scheveningen and Atlantic.
	Saline waters ...	Ischia, Nauheim, Baden-Baden, La Bourboule, Sulzbrunn.
	Thermal-sulphurous waters	Aix-les-Bains, Uriage, Alhama de Aragon, Baden (Austria), Mehadia, Chianciano, Zaldivar, Fitero, Ledesma.
	Sulphurous saline waters	Alveneu.
	Thermal hydrotherapy	Laubbach, Bushey.
Bright's disease	Hot salt water baths	St. Raphael.
	Hydrotherapy ...	Malvern, Droitwich, Laubbach, Matlock, Ben Rhydding, Neuenahr.
	Ozone treatment ...	St. Raphael.
	Peat baths ...	Strathpeffer.
	Winter stations ...	Mentone, Monaco.
Calculus (Biliary)	Alkaline ferruginous waters	Gleichenberg, Pyrmont, Schwalbach, Contrexé-ville, Vittel, Pougues.
	Mild alkaline waters	Ems, Neyrac, Neuenahr.
	Mixed	Karlsbad, Contrexé-ville, Monte-catini, Castellamare, Tarasp.
Calculus ... (Urinary and Vesical) ...	Sulphurous waters	Acireale, Castellamare, Salvadora.

Name of Disease.	Medium.	Places.
Calculus ... (Urinary and Vesical) <i>(continued)</i>	Alkaline waters ...	La Torretta Monte-catini, Mont-Dore, Evian, Gleichenberg, Ibero.
	Alkaline ferruginous waters	Franzensbad, Pyrmont. Contrexéville, Neuenahr, Vittel, Belascoin, Sousas. [ville. Karlsbad, Contrexé-Gleichenberg, Royat.
Catarrhs ... (Bronchial)	Alkali saline ...	Veldes, Malvern, Laubbach
	Ferruginous waters	Matlock, Bournemouth, Ben Rhydding.
	Hydrophathy ...	Acireale, Eaux-Bonnes, Chianciano, Ledesma, Zujar, Strathpeffer.
	Sulphurous waters	La Bourboule.
	[waters	Dax, Alveneu, Acireale, Schinznach, Amélie-les-Bains, Cambo, Cauterets.
	Saline arsenical	St. Raphael.
Catarrhs ... (Pulmonary)	Sulphurous saline waters	Meran, Corfu, Ajaccio, Flims, Camper, Wildbad, Cambo, Clifton, Mentone, San Remo, Monaco, Reichenhall, Teneriffe.
	Ozone treatment ...	Eaux-Bonnes, Chianciano, Marienbad, Acireale, Ischl, Baden (Austria), Amélie-les-Bains, Wildbad, Cauterets.
	Climatic air and winter stations	Royat, Ems, Baden-Baden, Badenweiler, Gleichenberg, La Bourboule.
	Thermal-sulphurous waters	Meran, Acireale, Hyères Biarritz, Abazzia, Grasse, Cannes, Mentone, San Remo, Cambo, St. Raphael, Bournemouth, Torquay, Teneriffe.
	Various waters ...	Royat, Loèche, Contrexéville, Plombières, Gleichenberg, Vittel, Franzensbad, Schwalbach, Mont-Dore, St. Moritz, Alveneu, Rippoldsau, Bagns. de Bigorre, Bussang, Pyrmont.
	Winter stations ...	Harrogate, Acireale.
Chlorosis...	Ferruginous waters	St. Raphael.
	Sulphurous waters	North Sea, Scheveningen and Atlantic, Bournemouth, &c.
	Ozone treatment ...	Godesberg, Laubbach, Bushey, Droitwich.
	Sea baths ...	
	Hydrophathy ...	

Name of Disease.	Medium.	Places.
Chlorosis... ... (continued)	Hot salt water baths Climatic air station	St. Raphael. Meran, Campfer, Mürren, Corfu, Ajaccio, Pon- tresina, St. Moritz, Samaden, Maloja, Clifton, Mentone, Strathpeffer.
Chorea or St. Vitus Dance	Thermal hydro- therapy	Aix-les-Bains, Baden (Aus- tria), Bushey, Mehadia, Baden-Baden, Loèche, Franzensbad Brighton, Plombières, Laubbach.
	Lake baths ...	Neusiedel, Balaton, Neu- chatel, Geneva, Constance.
	Bitter waters ...	Frailes y la Rivera.
Congestions ... (Cephalic)	Purgative and laxa- tive waters	Püllna, Bilin, Ems, Châtel-Guyon, Vöslau, Contrexéville, Vittel, Chianciano, Gerace, Brides, Leamington.
	Thermal hydro- pathy	Laubbach, Bushey, Droit- wich, Plombières.
Contractions ... (Tendinous or articular)	Various waters ...	Aix-les-Bains, Loèche, Baden (Austria), Uriage, Baden-Baden, Dax, Acireale, Bex, Benim- arfull, Malvern, Plom- bières.
Coryza ...	Alkaline waters ...	Sierra Alhamilla, Zujar.
	Alkaline ferrugi- nous waters	Mont-Dore, Contrexé- ville, Schwalbach.
Convalescence	Indifferent waters	Vöslau, Franzensbad, Badenweiler, Veldes, Wildbad, Laubbach.
	Climatic air sta- tions	Axenstein, Bushey, Son- nenberg, Grindelwald, Schlangenbath, La Bourboule, Loèche, Bournemouth.
	Climatic air and winter stations	Flims, Corfu, Ajaccio, Algiers, Pontresina, Cambo, Maloja, Mentone, San Remo, Monaco, Teneriffe.
	Ferruginous waters	Chianciano, Schwalbach, Pyrmont, Pougues, Contrexéville, Vittel, St. Moritz.
	Sulphurous and Winter station	Acireale, Corfu, Ajaccio, Strathpeffer.
	Saline waters ...	Baden-Baden, La Bourboule.
Debility ... (Nervous and chronic)	Chalybeate ...	Alveneu, Rippoldsau, Maloja, Tunbridge Wells, Franzensbad, Gleichenberg, Schwalbach, Plombières, Contrexé- ville, Vittel, Leaming- ton.

Name of Disease.	Medium.	Places.
Debility ... (Nervous and chronic) (continued)	Climatic air station	La Bourboule, Meran, Badenweiler, Wildbad, Axenstein, Sonnenberg, Clifton, Grindelwald, Villeneuve, Mentone, San Remo, Alveneu, St. Moritz, Corfu, Ajaccio, Flims, Samaden, Maloja.
	Indifferent waters	Wildbad, Laubbach, Bushey, Plombières.
	Brine baths ...	Droitwich, Strathpeffer.
Diabetes ...	Alkaline waters, and alkaline saline waters	Karlsbad, Clifton, Royat, Teplitz-Schönau, Pougues, Marienbad, Contrexéville, Vittel, Vichy, Mont-Dore, La Bourboule, Villatoya, Neuenahr.
	Ozone treatment ...	St. Raphael.
	Alkaline ferruginous waters	Tunbridge Wells, Gleichenberg, Schwalbach, Contrexéville, Vittel.
	Hot salt water baths	St. Raphael.
	Brine baths ...	Droitwich, Brides.
Dysentery ...	Winter stations ...	Mentone, San Remo, Monaco.
	Various waters ...	Karlsbad, Niederbronn, Contrexéville, Vals, Teplitz-Schönau, Brides, Châtel Guyon.
		Baden-Baden, Bushey, Franzensbad, Badenweiler, Topuszek, Laubbach, Strathpeffer.
Dysmenorrhœa		St. Raphael.
	Thermal hydrotherapy	St. Moritz, Alhama de Aragon, Plombières.
	Ozone treatment ...	St. Raphael.
	Chalybeate waters	North Sea, Scheveningen.
Dyspepsia ...	Hot salt water baths	Condillac, Selters, Apollinaris, St. Alban.
	Sea baths ...	Contrexéville, Karlsbad, Vittel, Gleichenberg, Franzensbad, Teplitz - Schönau, Bussang, Bertrich, Neuenahr, Wiesbaden.
	Gaseous waters ...	Oriol, Pougues, Schwalbach, Pyrmont, Cheltenham, Rippoldsau, St. Moritz, Maloja, Homburg.
	Alkaline waters ...	Niederbronn, Homburg, Baden-Baden, Wildungen, Pyrmont.
	Effervescent ferruginous waters.	
	Effervescent saline waters.	

Name of Disease.	Medium.	Places.
Dyspepsia ... (continued)	Saline waters ...	Cestona-guezalaga, Frailes y la Rivera, Châtel Guyon.
	Pure sulphurous waters ...	Strathpeffer.
	Hot salt water baths	St. Raphael.
	Hydrotherapy ...	Gräfenberg, Vöslau, Laubbach, Plombières, Matlock, Malvern, Droitwich, Meran.
Emphysema ...	Ferruginous waters	Gleichenberg, Chianciano, Pyrmont, Recoaro.
	Climatic air and winter stations	Meran, Acireale, Malaga, Madeira, Abazzia, Ajaccio, Schmécks, Zermatt, Chamounix, Cannes, Mentone, San Remo, Laubbach, Hyères, Bushey, Cambo.
	Sulphurous saline waters	Schinznach, Cambo.
Female disorders.	Hydrotherapy ...	Vöslau, Droitwich, Woodhall Spa.
	Ferruginous waters	Franzensbad, Schwalbach, Loèche, Marienbad, Mont-Dore, Chianciano, Forges-les-Eaux, Contrexéville, Alveneu, Vittel.
	Sulphurous waters	La Torretta Monte-catini, Aix-les-Bains, Bagnères de Bigorre.
	Hot salt water baths	St. Raphael.
	Indifferent waters	Wildbad, Schlangenbad.
Fractures ...	Sea baths ...	North Sea, Scheveningen
	Saline thermal waters.	Baden-Baden, Brides, Salin-Moutiers.
	Sulphurous waters	Baden (Austria), Aix-les-Bains, Chianciano, Uriège, Acireale.
	Thermal alkaline saline waters ...	Teplitz-Schönau, Bertrich, Capvern.
	Indifferent waters	Wildbad, Laubbach, Bushey.
Ganglionic tumours	Sulphurous iodobrominated waters.	Saxon, Challes, Wildeg, Harrogate.
	Saline iodo-brominated waters ...	Nauheim, Salins-Moutiers, Hall (Austria), La Garriga, La Bourboule, Sulzbrunn.
	Ozone treatment ...	St. Raphael.
	Sea baths ...	North Sea, Scheveningen.
astralgia ...	Hot salt water baths	St. Raphael.
	Hydrotherapy ...	Gräfenberg, Laubbach, Ben-Rhydding, Matlock, Malvern, Bournemouth.

Name of Disease.	Medium.	Places.
Gastralgia ... (continued)	Effervescing mild mineral waters	Wildbad, Pougues, Rippoldsau, Badenweiler, Vöslau, Teplitz-Schönau, Schmécks, Sousas, Amphion, Alveneu.
	Saline ferruginous waters	Châtel-Guyon.
	Saline sulphurous waters	Brides, La Torretta Montecatini, Bcrines, Quinto, Cauterets
Giddiness and Vomitting Glands ... (swellings of)	Saline ferruginous waters	Châtel-Guyon.
	Sulphurous and alkaline waters	Paracuellos de Jilloc, Cauterets, Woodhall Spa.
	Bitter and ferruginous waters	Vil or Rosas, Villaharta, Rippoldsau.
	Ozone treatment ...	St. Raphael.
	Hot salt water baths	St. Raphael.
	Peat baths ...	Strathpeffer.
Goitre ...	Saline sulphurous iodurated waters	St. Genis, Challes, Marlioz, Chianciano, Alveneu, Woodhall Spa, Sulzbrunn.
Gout ...	Alkaline waters ...	Karlsbad, Teplitz-Schönau, Contrexéville, Vittel, Franzensbad, Marienbad, Bus-sang, Wiesbaden.
	Ozone treatment ...	St. Raphael.
	Sulphate of lime waters	La Torretta Montecatini, Aulus, Vittel, Capvern, Bath, Loèche.
	Various ...	Uriage, Gleichenberg, Wildbad, Tiermas, Schlangenbad.
	Sulphurous waters	Aix-les-Bains, Aix-la-Chapelle, Escaldas, Dax, Harrogate, Acireale, Baden (Austria), Schinznach, Bourscheid, Strathpeffer.
	Hot salt water baths	St. Raphael.
	Thermotherapy ...	Laubbach, Droitwich, Malvern, Matlock, Farnboro', &c.
	Ferruginous and lime waters	Franzensbad, Alveneu, Rippoldsau, Plombières, Royat.
Gravel (Uric) ...	Alkaline waters ...	Karlsbad, Contrexéville, Vittel, Pougues, Teplitz-Schönau, Gleichenberg, Chianciano, Ibero.
	Ozone treatment ...	St. Raphael.
	Ferruginous waters	Amphion.
Gravel ... (Phosphatic)	Sulphate of lime waters	La Torretta Montecatini, Vittel, La Preste, Molitg.

Name of Disease.	Medium.	Places.
Gravel ... (Phosphatic) (continued)	Mild mineral ...	Vöslau, Badenweiler, Schlangenbad, Con- trexéville, Vittel, Pougues, La Salva- dora, Brides, Bussang. St. Raphael. [ville.
Hæmorrhoids	Ozone treatment ... Alkali-saline ... Alkaline waters ...	Karlsbad, Contrexé- ville, Leamington, Le Boulou.
Herpes ...	Hydrophathy ... Sulphurous and chalybeate waters ... Ferruginous ...	Laubbach, Bushey, Brides. La Torretta Monte-catini, Alveneu. Contrexéville, Vittel, Châtel-Guyon.
	Saline sulphurous waters	Aix-les-Bains, Baden (Austria), Schinznach, Cambo, Barèges, Dax, Cauterets, Uriage, Chianciano, Teleze, Amelie-les-Bains, Salin-Moutiers.
	Arsenical waters ...	Baden-Baden, La Bour- boule, Cheltenham, St. Honoré, Bagnères de Bigorre, Royat.
Hydropsia ...	Acidulous ferrugi- nous sulphurous waters	Alveneu, Bagnères de Bigorre.
Hypochondri- asis	Hydrophathy ... Purgative waters... [waters Saline ferruginous Hot salt water baths Hydrophathy ...	Laubbach, Bushey. La Torretta Monte-catini, Vacqueiras, Hunyadi- Yános, Epsom, Matlock Rippoldsau, Amphion. St. Raphael.
	Winter stations ...	Coombe Wood, Bushey, Gleichenberg, Laub- bach, St. Raphael.
	Alkaline-Saline ...	The Riviera and Spanish Coast towns, Corfu.
Hysteria ...	Sedative ...	Karlsbad, Contrexé- ville.
	Sulphurous bitter Ferruginous and magnesian waters	Schwalbach, Badenweiler, Vöslau, Neris, Schlan- genbad, Franzensbad, Bormio, Plombières.
	Climatic air and winter stations	Jabalruz.
	Sea baths ...	Rippoldsau, Luxeuil, Orezza, Römerbad (Switzerland) Navalpino. Axenstein, Schmécks, Veldes, Pisa, Pau, Dax, Leghorn, Abazzia, Hyères, Laubbach, Matlock, Malvern, Ben Rhydding, Bournemouth, &c.
		Livorno, Hastings, Scar- borough, Ventnor, Blank- enberg, Schevenin- gen, The Riviera.

Name of Disease.	Medium.	Places.
Impotence ...	Various waters ...	Franzensbad, Wildbad, Gastein, La Battaglia, Bushey, Vöslau, Spa, Laubbach, Vittel, Sulzbrunn, Contrexéville.
	Chalybeate waters	Pymont, Schwalbach, Tunbridge Wells, Pougues.
	Saline waters ...	Balaruc, Cornetto, Montecatini, Droitwich.
	Hot salt water baths	St. Raphael.
	Sea baths ...	North Sea, Scheveningen, and Baltic.
Intermittents...	Sulphurous waters	Aix, Harrogate, Uriage, Baden (Austria), La Bourboule.
	Saline arsenical waters	Plombières.
	Indifferent waters	Mentone, Monaco, Strathpeffer.
	Winter stations ...	Karlsbad, Contrexéville, La Torretta, Monte-catini, Bagnères, de Bigorre, Baden-Baden, Cheltenham, Leamington, Gleichenberg, Vöslau, Alhama de Granada, Prelo, Rippoldsau, Cambo, Pougues.
Intestinal (Catarrhs, &c.)	Various waters ...	Teplitz-Schönau, Bertrich, Sousas, Leamington, Gleichenberg, Contrexéville, Vittel, Royat.
		Salvadora.
Intumescence (of liver and spleen).	Alkali saline waters	Karlsbad, La Torretta, La Bourboule, Contrexéville, Vittel.
	Alkaline ferruginous waters	Laubbach, Bushey.
Jaundice... ...	Sulphurous earthy	Baden-Baden, La Bourboule, Matlock Bath.
	Muriatic saline and acidulous waters	Contrexéville, Vittel, Neuenahr.
Kidney complaints. com-	Hydrophathy ...	Mentone, Monaco.
	Saline waters ...	Corfu, Bex, Ajaccio, Campfer, Mürren, Maloja, Biarritz, Cambo, Clifton.
	Alkaline waters ...	Mentone, Monaco.
Laryngitis ...	Winter Stations ...	Betelú, Alveneu, Ormaiztegui, Schinznach, Aix-les-Bains.
	Climatic air and winter stations	Franzensbad, Royat, Cambo.
	Sulphurous saline waters	Franzensbad, Schwalbach, Chianciano, Orezza.
Leucorrhœa ...	Alkaline-saline waters	Plombières, Tunbridge Wells.
	Ferruginous waters	St. Raphael.
	Ozone treatment ...	

Name of Disease.	Medium.	Places.
Leucorrhœa ... (continued)	Saline waters ...	Bigorre, Solares, Ischl, Paterna, Sulzbrunn.
	Sea baths ...	The North Sea and Atlantic.
	Hot salt water baths	St. Raphael.
	Bitter waters ...	Buzot, Gravalos.
Liver obstructions.	Alkaline-ferruginous waters.	La Torretta Monte-catini, Gleichenberg, Teplitz, Chianciano, Pougues, Pyrmont, Contrexéville, Vittel, Rippoldsau, Cauterets, Na. Sra. de Abellá, Sobron, Cambo, Clifton.
	Purgative waters...	Brides, Leamington, Cheltenham, Carlsbad, Panticoss, Escoriaza.
	Hydropathy ...	Mondorf, Laubbach, Strathpeffer Spa.
	Hot salt water baths	St. Raphael.
	Alkali-saline ...	Karlsbad, Contrexéville, Royat.
Lumbago ...	Hydropathy ...	Laubbach, Contrexéville, Vittel, &c.
Lymphatism	Sea baths ...	North Sea, Scheveningen
(Leucocythœmia)	Saline waters ...	Baltic and Mediterranean.
	Hot salt water baths	Niederbronn, Baden-Baden, Szobrancz, La Bourboule, Kreuznach.
	Saline ferruginous waters.	St. Raphael.
	Saline sulphurous waters.	Salins - Moutiers, Luxeuil, Chianciano, Royat, Tunbridge Wells.
	Sulphurous waters	Uriage, Mondorf, Baden (Austria), Eaux-Bonnes.
Mercurial intoxication.	Thermal sulphurous waters.	Harrogate, Cheltenham, Chianciano, Acireale, Villaro, Dax.
	Cold sulphurous waters.	Aix-les-Bains, Aix-la-Chapelle, Bourscheid, Baden (Austria), Bigorre, Loèche, Acireale, Schinznach, Sulzbrunn.
Metritis (Chronic).	Thermo-therapy ...	Challes, Alveneu, Buyerès de Nava, Cauterets, Salinetas de Noveldá.
	Saline ferruginous waters.	Laubbach.
	Sulphurous waters	Szczawnicza, Chianciano, Ibero, Sulzbrunn.
	Sea baths	Aix-les-Bains.
	Alkali-saline... ..	North Sea, Scheveningen
	Hot salt water baths	Karlsbad, Franzensbad, Contrexéville.
	Alkaline ferruginous	St. Raphael.
Morphinism ...	Thermo-hydropathy	Pougues.
		Laubbach, Bushey, Malvern, Aix-les-Bains.

Name of Disease.	Medium.	Places.
Nephritis ...	Alkaline and mild mineral waters.	Royat , Recoaro, Gleichenberg, Capvern, Badenweiler, Schlangenbad, Bussang, Neuenahr, Contrexéville .
Nervosity ...	Hydrotherapy ... Hydrotherapy ... Winter stations ... Climatic air stations	Contrexéville , Vittel . Matlock Bath , Laubach, Reiboldsgrun, Landeck, Bushey, Plombières. Pau, Pisa, Leghorn. Mentone , Monaco . Vöslau , Römerbad, Gersau, Axenstein, Brengenz, Lindau , Campfer , Pontresina, Innsbruck , Meran , Rippoldsau , Maloja . St. Raphael Bains, Bigorre, Neris, Dax .
Neuralgia ...	Hot salt water baths Chlorated sulphurous waters. Mild mineral waters Various waters ...	Ems, Schlangenbad, Neuhaus, Vöslau , Römerbad (Austria), Badenweiler. Karlsbad , Contrexéville , Teplitz , Schönau , Brides, Bains, Wildbad , Bex, Malvern , Salins-Moutiers .
Neuroses ...	Mixed sulphurous Hydrotherapy Hydrotherapy ... Sulphurous waters Indifferent waters Sulphurous and chalybeate waters. Winter stations.	Olette , Eaux-Chaudes . Gräfenberg , Droitwich , Laubbach , Strathpeffer . Laubbach , Bushey. Baden (Austria). Wildbad . Alveneu , Strathpeffer .
Obesity ...	Hot salt water baths Purgative ... Ozone treatment. Climatic station ... Alkali-saline ...	Corfu , Ajaccio , Meran , Mentone , Monaco . St. Raphael . Brides, Sedlitz , Marienbad , Kissingen , Püllna , Epsom , Marienbad , Acireale , Leamington . St. Raphael . Meran .
Ophthalmia ...	Sea baths ... Sulphurous ferruginous waters Sulphurous saline Ferruginous arsenical Mixed waters ... Bicarbonate and saline waters.	Karlsbad , Contrexéville , Châtel-Guyon , Vittel . Scheveningen . Müskau , Aramayona . Eaux-Bonnes . Mont-Dore . Mont-Dore , Paracuellos . Niederbronn , Chianciano , Schwalbach , La Bourboule , Droitwich .

Name of Disease.	Medium.	Places.
Ovarian ... (derangements) (continued)	Iron muds ... Peat baths ... Sea baths ...	Franzensbad. Strathpeffer Spa. Scheveningen.
Paralysis ... (generally)	Saline waters ... Sulphurous saline waters. Sulphurous waters Indifferent waters Mud baths ... Hydropathy ... Natural steam baths.	Balaruc, Ischia, Bex, Malvern. Acireale, Baden (Austria). Uriage, Loèche, Aix-les-Bains, Chianciano, Dax, Mehadia. Wildbad, Plombières. Acqui, La Battaglia, Valdieri, Mehadia, Dax. Gräfenberg, Laubbach, St. Raphael, Matlock. Monsummano, Stufa di Nerone, La Battaglia, Abano, Dax, Farnboro.
Paralysis ... (hysterical)	Mild waters ... Hot salt water baths Sea baths ... Mud and sand baths	Bains, Ems, Plombières, Schlangenbad, Vöslau, Römerbad (Austria), Badenweiler, Wildbad, Laubbach, Bushey, Droitwich, Leamington. St. Raphael. Scheveningen. Acqui, Dax, Abano, St. Dalmaz, Valdieri.
Paralysis ... (Rheumatic)	Sulphurous waters Sulphate of lime waters. Thermal saline waters. Thermal alkaline. Indifferent waters	Aix-les-Bains, Uriage, Loèche, Baden (Austria), Mehadia, Harrogate, Bigorre, Acireale, Chianciano. Dax, Bath, Hammam R'irha, Tiermas. Baden-Baden, Nauheim, Ischia, Malvern. Teplitz-Schönau, Wiesbaden. Wildbad, Laubbach, Bushey, Plombières.
Paraplegia ...	Various waters	La Malou, Wildbad, Gastein, Chianciano, Graena, Loujo, Plombières.
Pharyngitis ... (Glandular)	Sulphurous waters Saline waters ... Mixed waters ... Winter stations ...	Schinzach, Allevard, Eaux-Bonnes, Ischl, Marlioz, Ormaiztegui, Strathpeffer. Nauheim, Bex. Mont-Dore, Gleichenberg, Contrexéville, Vittel, La Bourboule, Villaro, Clifton. Cannes, Biarritz, Acireale, Madeira, Malaga, Murcia, Abazzia, Mentone, San Remo, Ajaccio, Corfu, Maloja, Bagnères de Bigorre, Hyères.

Name of Disease.	Medium.	Places.
Phlebitis ... Abdominal)	Saline waters ...	Homburg, Kissingen, Bi gorre, La Bourboule .
Phthisis ... (Laryngeal)	Alkaline waters ...	Gleichenberg, Mont-Dore, Ems.
	Sulphurous, saline and earthy waters	Acireale, Amélie, Eaux-Bonnes, Eilsen, Neudorf, Cauterets, Cambo, Soden.
	Climatic air and winter stations	Cambo, Hyères, Ischl, Mentone, Cannes, Schmecks, San Remo, Corfu, Ajaccio, Mürren, Maloja, Clifton, Gorbiersdorf, Honne.
	Hot salt water baths	St. Raphael.
	Ozone treatment ...	St. Raphael.
Phthisis ... (Pulmonary, with lymphatism and atony)	Sulphurous waters	Cauterets, Eaux-Bonnes, Amélie, Ischl, Acireale, Challes.
	Alkaline waters ...	Gleichenberg, Mont-Dore.
	Sea air ...	Ventnor, Torquay, Atlantic and North Sea baths, Scheveningen.
	Climatic air and winter stations	Meran, Schmecks Acireale, Madeira, Hyères, Abazzia, Biarritz, Malaga, Murcia, Elche, San Remo, Cannes, Campfer, Pontresina, Clifton, Cambo, St. Moritz, Samaden, Maloja, Laubbach, Bournemouth, Torquay, Isle of Wight, Cornwall, Teneriffe.
Phthisis ... (With erethism)	Mild waters ...	Ems, Schlangenbad, Römerbad (Austria), Schmecks.
	Mixed and arsenical waters	Baden-Baden, La Bourboule, Cheltenham.
	Climatic air and winter stations	Meran, Abazzia, Alassio, St. Moritz, Schmecks, Davos, Strathpeffer, Mentone, San Remo, Hyères, Teneriffe.
Pleurodynia ...	Hydropathy ...	Gräfenberg, Mondorf, Laubbach, Bushey, Droitwich.
	Hot salt water baths	St. Raphael.
Pleuritis ...	Climatic station ...	Meran.
	Sulphurous saline waters	Eaux-Bonnes, Acireale.
Pneumonia ...	Mixed waters ...	Mont-Dore, Bournemouth.
	Sulphurous waters and winter station	Meran, Acireale, Madeira, Abazzia, Elche, Mentone, Teneriffe.
	Indifferent waters	Wildbad, Laubbach, Bushey, Malvern.

Name of Disease.	Medium.	Places.
Rachitis ...	Chalybeate waters	Alveneu, Schwalbach, Spa, Pyrmont, St. Moritz, Loèche, Plombières.
	Saline bromo-iodurated waters.	Bex, Kreuznach, Droitwich.
	Climatic mountain station.	Meran, Wildbad, Pontresina, Mürren, Schmecks, Rippoldsau, St. Moritz, Samsden, Maloja.
Rheumatism ... (Articular)	Hot salt water baths	St. Raphael.
	Thermal and hyperthermal, sulphurous and sulphurous-saline waters, mud and sand baths	Aix-les-Bains, Dax, Baden (Austria), Loèche, Abano, Acqui, Bath, Mehadia, Acque Albulae, Amélie-les-Bains, Luchon, Bath, Harrogate, Strathpeffer.
	Thermal alkaline saline waters	Karlsbad, Teplitz-Schönau, Contrexéville Wiesbaden.
	Saline waters ...	Baden-Baden, La Bourboule, Droitwich, Bath.
	Sulphurous saline waters	Alveneu, Cauterets, Ledesma, Tiermas, Schinznach, Acque-Albulae, Bagnères-de-Bigorre, Aix-la-Chapelle, Bourscheid.
	Saline bromo-iodurated waters	Bex, Malvern, Woodhall Spa.
	Chalybeate waters.	Rippoldsau.
	Natural steam baths	Abano, Monsummano, Stufa di Nerone, La Battaglia, Plombières, Reichenhall, Farnboro, Strathpeffer.
Rheumatism ... (With Neuralgia)	Hydrophathy ...	Farnboro.
	Thermal sedative waters	Karlsbad, Contrexéville Acireale, Droitwich, Laubbach, Matlock Bath, Wildbad, Schlangenbad.
	Hot salt water baths	St. Raphael.
Rheumatism ... (With Dyspepsia.)	Thermal mixed effervescent waters	Karlsbad, Contrexéville, Laubbach, Chianciano, Gleichenberg, La Bourboule, Wiesbaden.
	Saline ...	Baden-Baden, Droitwich, Malvern.
	Alkaline ferruginous	Pougues.
	Hydrophathy ...	Farnboro.
Sciatica ...	Thermal sulphate of lime waters	Pistyan, Loèche, Bigorre, Ledesma.
	Thermal sulphurous waters	Aix-les-Bains, Harrogate, Dax, Guagno, Aix.

Name of Disease.	Medium.	Places.
Sciatica ... (continued)	Thermal saline ...	Baden-Baden, Buzost, La Bourboule, Malvern, Woodhall Spa.
	Mixed alkaline ...	Gleichenberg, Vittel.
	Various waters ...	Gastein, Römerbad (Austria), Plombières, Aix.
	Hot salt water baths	St. Raphael.
	Hydropathy ...	Gräfenberg, Laubbach, Bushey, Droitwich, St. Raphael, Strathpeffer.
Scrofula ...	Saline waters ...	Baden-Baden, Niederbronn, Kissingen, Kreuznach, Dumlane, Ashby-de-la-Zouche, La Bourboule, Bex, Malvern, Homburg, Sulzbrunn, Wiesbaden.
	Cold ferruginous waters	Aberbrothwick, Gleichenberg, Plombières, Schwalbach, Luchon
	Ozone treatment ...	St. Raphael.
	Sea baths	North Sea, Scheveningen and Atlantic, Bournemouth and many English watering places.
	Various waters ...	Amelie, Wildbad, Eaux-Bonnes, Schinznach, Abano, Dax, Matlock Bath, Uriage, La Puda, Marlioz, Teplitz-Schönau, Baden (Austria), Chianciano, Acireale, Schwalbach, Harrogate.
	Hot salt water baths	St. Raphael.
	Ferruginous waters	Alveneu, Bagnères Bigorre, Cambo.
	Winter stations ...	Corfú, Ajaccio, Mentone, Monaco, Hyeres, Nice, Cannes, Bournemouth, Torquay.
Scurvy ...	Climatic air stations	Pontresina, St. Moritz, Samaden, Cambo.
	Saline waters ...	Baden-Baden, La Bourboule.
	Sulphurous waters	Caldanaccia, Baden (Austria), Dax.
	Ferruginous waters	Pyrmont, Chianciano, Schwalbach, Strathpeffer.
Sinews ... (Affections of the)	Thermal alkali-saline waters	Teplitz-Schönau.
	Skin diseases ...	Saline waters ...
	Alkaline mixed waters	Baden-Baden, Malvern, La Bourboule, Sulzbrunn. Mont-Dore, Royat.

Name of Disease.	Medium.	Places.
Skin diseases ... (continued)	Sulphurous waters	Chianciano, Acireale, Schinznach, Luchon, Harrogate, Strathpeffer.
	Sulphurous saline waters	Acque Albulae, Alveneu, Cauterets, Aix-les-Bains.
	Earthy waters ...	Loeche.
	Natural steam baths	La Battaglia, Stufa di Nerone, Monsummano, Plombières, Farnboro.
Sores ... (Atonic)	Ferruginous waters	Chianciano, Recoaro.
	Sulphurous saline waters	Acque Albulae.
Spinal affec- tions	Saline waters ...	Uriage, Nauheim, La Bourboule, Sulzbrunn.
	Alkali-saline waters	Teplitz-Schönan.
	Hydrophy ...	Laubach, Ben Rhydding, Gräfenberg, Bushey, Laubach.
	Indifferent waters	Wildbad.
Splenic obstruc- tions	Saline waters ...	Kreuznach, La Bourboule, Sobrón, Woodhall Spa.
	Alkaline ferru- gineous waters	Gleichenberg, Recoaro, Chianciano, Pyrmont, Clifton.
	Iodurated waters ...	Sulzbrunn.
	Sulphurous ...	Escoriaza, Cauterets.
Sterility ...	Hot salt water baths	St. Raphael.
	Saline waters ...	Droitwich, Brides.
	Ferruginous waters	Franzensbad, Forges-les-Eaux, Marienbad, Schwalbach, Gleichenberg, Plombières, Pougues, Woodhall Spa.
	Alkali-saline ...	Karlsbad, Contrexéville, Vittel.
Syphilis ...	Sea baths ...	North Sea, Scheveningen.
	Thermal sulphur- ous waters	Aix-les-Bains, Aix-la-Chapelle, Baden (Austria), Schinznach, Mehadia, Luchon, Abano, Aulus, Loèche, Amélie-les-Bains.
	Sulphurous earthy waters [waters	St. Filomena de Gommilaz.
	Thermal saline	Baden-Baden.
Ulcers ...	Iodurated waters	Krankenheil, Kreuth, Marlioz, Quinto, Alveneu, Sulzbrunn.
	Sulphurous waters	Uriage, Amélie, Eaux-Chaudes, Hartfeld, Baden (Austria), Zaldivar, Schinznach, Acque Albulae.
	Silicated and mixed sulphurous waters	Valdieri, San Juan de Campos, Ledesma, Paterna,

Name of Disease.	Medium.	Places.
Uric (diathesis) ...	Saline waters ...	Contrexéville , Baden-Baden, La Bourboule , Jabalcuz, Ibero, Vittel .
	Indifferent waters .	Wildbad .
Urinary organs (Catarrhs of the)	Indifferent waters	Karlsbad , Marienbad , Wildbad , Vöslau .
	Alkali-saline waters	Teplitz , Schönau , Contrexéville , Baden-Baden, Wildungen .
	Various waters ...	Bagnères de Bigorre , Cambo , Clifton , Salins-Moutiers .
	Alkaline ferruginous gaseous	Contrexéville , Pougues , Vittel .
Uterus (Diseases and affections)	Sulphurous waters	Marlioz , Luchon , Baden (Austria), Chianciano , Alveneu , Villaro , Cauterets , Strathpeffer .
	Chlorinated waters	Lamotte , Niederbronn , Droitwich .
	Sea baths	Atlantic and North Sea Scheveningen .
	Mildly mineralised waters	Bains , Luxeuil , Schlangenberg , Badenweiler , Vöslau , Plombières .
	Alkaline effervescent waters	Franzensbad , Wiesenbad , Contrexéville , Vittel .
	Effervescent ferruginous waters	Franzensbad , Gleichenberg , Recoaro , Puertolano , Schwalbach .
	Hot salt water baths	St. Raphael .
	Saline iodo-brominated waters Climatic air station	Bex , Malvern , Brides , Sulzbrunn , St. Moritz .
Vesical (disorders)	Various waters ...	Contrexéville , Vittel , Pougues , Wildungen , Fachingen , Gleichenberg , Teplitz , Eisenberg , Brides , Beschtan-baths , Fonté , Salvadora , Sobron , Villaharta .
	Hydrotherapy ...	Aix-les-Bains , Evian-les-Bains , Bussang , Laubbach , Bushey .
Wounds , incised or by firearms	Thermal sulphurous or saline waters	Loujo , Amélie , Ischia , Baden Baden , Aix-les-Bains , Mehadia , Chianciano , La Bourboule , Malvern .
	Indifferent waters. Mud baths	Wildbad , Acqui , St. Amand , Teplitz-Schönau .

Death Rate ‰	‰	Northern Latitude.	‰	Rainy days, Dec., Jan. and Feb.	No.
Genoa	37	Cairo	29''59	Palermo	40
Nice and Cannes ...	35	Funchal (Madeira)	32''28	Corfu	38
Corfu	32	Malaga	36''42	Pau	33
Naples	31	Algiers	36''47	Rome	32
Florence	30	Catania	37''30	Funchal (Madeira)	31
Catania	30	Palermo	38''06	Pisa	31
Palermo	29	Corfu	39''37	Baden-Baden ...	30
Madeira	29	Madrid	40''24	Naples	29
Görz	27	Naples	40''51	Wiesbaden	28
Ajaccio	26	Rome	41''53	Florence	27
Venice	25	Ajaccio	41''55	Nervi	25
San-Remo	24	Pau	43''20	Algiers	21
Meran	23	Mentone	43''47	Cannes	18
Geneva	23	San Remo	43''48	Nice	17
Rome	23	Nervi	44''22	St. Raphael ...	17
Mentone	22	Venice	45''27	Pallanza	17
Pau	22	Arco	45''52	Venice	16
Acireale	20	Görz	45''56	Mentone	16
Davos	20	Lugano	46''00	St. Moritz	16
Wiesbaden	19	Montreux	46''26	Remo	15
Pegli	19	Meran	46''41	Lugano	14
Bordighera	19	Baden-Baden ...	48''46	Ajaccio	14
Montreux	19	Wiesbaden	50''04	Catania	13
Upper Engadine ...	19	Görbersdorf ...	50''40	Malaga	12
Malvern	18·85	Berlin	52''30	Meran	11
Bournemouth (1891)	12·5	Strathpeffer ...	57''37	Cairo	9

Relative dampness of air, from 1st Oct. to 30th Apr.	%	Height above sea level.	Feet.	Mean winter temperature, Dec., Jan. and Feb.	F. °
Wiesbaden	80	St. Moritz	5,800	Funchal (Madeira)	68·0
Baden-Baden	79	Samaden	5,500	Algiers	63·5
Venice	79	Davos	5,200	Cairo	62·0
Pisa	79	St. Beatenberg ...	3,500	Málaga	59·5
Pau	79	Schmécks	3,100	Palermo	57·5
Montreux	79	Reiboldsgrün ...	2,100	Catania	57·5
Corfu	77	Görbersdorf... ..	1,776	Ajaccio	57·0
Ajaccio	76	Bex	1,380	Corfu	57·0
Palermo	75	Veldes	1,505	San Remo	54·0
Florence	73	Obermais	1,172	Mentone	52·5
Naples	73	Meran	1,100	Cannes	52·0
Lugano... ..	72	Lugano... ..	870	Naples	52·0
Catania... ..	72	Gries	832	Nice	51·5
St. Moritz	72	Pallanza	611	Nervi	51·0
Madeira	72	Malvern	502	St. Raphael ...	50·0
Görz	72	Wiesbaden	371	Rome	50·0
Rome	71	Görz	302	Pisa	48·0
Mentone	71	Arco	299	Pau	45·0
Lesina	69	Florence	231	Venice	40·4
Pallanza	68	Palermo	228	Görz	40·2
Meran	68	Strathpeffer ...	206	Arco	40·2
Cairo	67	Rome	199	Pallanza	40·0
San Remo	66	Naples (Osservat.)	180	Lugano... ..	39·5
Cannes	65	Catania... ..	100	Montreux	38·0
Nice	62	Cairo	70	Meran	37·0
		Nice	63	Strathpeffer ...	36·6
				Wiesbaden	33·0



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TABLE

SHOWING THE QUICKEST ROUTE, MODE OF
CONVEYANCE, TIME AND FARES TO VARIOUS
HEALTH RESORTS.

Time and prices are calculated from Paris.

Fares for places in Germany and Austria are calculated—

1st Class in France.

2nd „ in Germany and Austria.

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Abano (Italy) ...	1	P.L.M., <i>viâ</i> Mont Cenis, Turin, Milan, Padua	31 0	144 25
Acireale (Sicily)	3	P.L.M., <i>viâ</i> Mont Cenis or Ventimiglia, Genoa, Rome, Naples, Reggio, Messina... ..	69 0	239 75
Acqui (Italy) ...	5	P.L.M., <i>viâ</i> Mont Cenis, Turin and Alessandria... ..	24 45	114 30
Agueda (Sta.) Spain.	348	O. & S. F., <i>viâ</i> Bordeaux, Irun, Tolosa, Zummarraga (20 h. 11 m.), diligence or carriage, <i>viâ</i> Mondragon (4 h.)	24 10	126 35
Aix (Provence) ...	10	P.L.M., <i>viâ</i> Lyons and Marseilles, branching off at Rognac ...	18 36	109 95
Aix-les-Bains (Savoy).	8	P.L.M., <i>viâ</i> Macon and Culos ...	9 23	71 0
Aix-la-Chapelle (Prussia).	7	N. of F., <i>viâ</i> Erquelines and Namur-Verviers... ..	9 30	48 0
Ajaccio (Corsica)	10	P.L.M. to Marseilles (15h. 25m), thence by C.G.T. steamer (12 h.)	27 25	106 0
Alet (Aude) ...	13	P.L.M. and S. of F., <i>viâ</i> Toulouse, Montpellier and Cette	19 50	104 80
Alexisbad (Thuringia).	14	N. of F., <i>viâ</i> Cologne-Minden, Brunswick, Ballenstedt (29 h.), diligence (3½ h.)	32 15	118 95
Algiers	14	P.L.M. to Marseilles (15h. 25 m.), thence by C.G.T. steamer to Algiers (28 h.)	33 25	155 0
Alhama de Aragon (Spain)	14	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Madrid, and Guadalajara	43 38	238 75
Alhama de Murcia (Spain)	15	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Madrid, Carthagena, Murcia (52 h. 20 m.), carriage (5 h.)	57 20	306 40

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Allevard (Isère)	16	P.L.M., <i>viâ</i> Mâcon, Culoz and Chambery to Goncelin (12 h. 19 m.), thence by carriage to Allevard (1½ h.) ...	13 49	77 30
Altwasser (Silesia), Alvenu.	18	N. of F., <i>viâ</i> Aix-la-Chapelle, Cologne, Berlin, and Kohlfurt	33 0	53 0
Amélie-les-Bains (Pyrenées).	19	S. of F., <i>viâ</i> Toulouse to Perpignan (21 h.), carriage from Perpignan (3 h.) ...	24 30	20 25
Amphion (Savoy).	19	P.L.M., <i>viâ</i> Mâcon, Culoz, Annemasse ...	12 48	82 50
Amsterdam ...	20	<i>viâ</i> Harwich by boat ... Or by N. of F., <i>viâ</i> Brussels and Antwerp, Rotterdam ...	15 30 15 40	42 50 69 40
Andabre (Aveyron).	20	S. of F., <i>viâ</i> Toulouse, Beziers, Bedarient to St. Afrique (27 h. 30 m.), carriage from St. Afrique (2 h.) ...	29 30	141 0
Antogast (Baden).	21	E. of F., <i>viâ</i> Strasburg and Oppenau (14 h. 30 m.), carriage (½ h.) ...	15 0	66 50
Arcachon (Gironde).	23	S. of F., <i>viâ</i> Bordeaux, branching off at Lamothe ...	10 0	76 70
Archena (Spain)	23	O. and S. of France, <i>viâ</i> Bordeaux, Irun, Burgos, Madrid, Carthagena ...	51 0	292 65
Arechavaleta (Spain).	24	O. and S. F., <i>viâ</i> Bordeaux, Irun, Tolosa, Zumarraga (20 h. 11 m.) carriage (2 h.) ...	22 11	121 35
Arnedillo (Spain).	25	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Tolosa, Vitoria, Miranda, Logroño, and Calahorra (32 h. 30 m.), carriage (4 h.) ...	36 30	159 15
Audinac (Pyrenées).	27	O. and S. of F., <i>viâ</i> Bordeaux, Toulouse and St. Girons (19 h. 25 m.), carriage (30 m.) ...	19 55	104 10
Aulus (Ariège) ...	28	S. of F., <i>viâ</i> Bordeaux, Toulouse, Montrejeau, BousSENS to St. Giron (21 h. 30 m.), carriage from St. Giron (3 h.) ...	24 30	119 0
Aussee ...	28	E. of F., <i>viâ</i> Basle, thence by Innsbruck to Selzthal ...	29 30	
Avesne (Pyrenées).	28	P.L.M. and S. of F., <i>viâ</i> Lyons, Tarascon, Narbonne, and Bousquet d'Orb (19 h. 30 m.), carriage (50 m.) ...	20 20	133 60
Ax (Ariège).	29	S. of F. up to Foix (19 h.), carriage from Foix to Ax (4 h.)	23 0	118 0
Baden-Baden	30	E. of F., <i>viâ</i> Strasburg and Kehl	16 0	68 0
Baden (Austria)	30	E. of F., <i>viâ</i> Strasburg, Kehl, Munich, and Passau ...	27 0	152 50
Baden (Switzerland).	30	E. of F. <i>viâ</i> Basle and Aarou ...	13 30	71 15
Badenweiler (Baden).	34	E. of F. Railway, <i>viâ</i> Belfort and Basle (5 h.) carriage (½ h.) ...	15 30	73 95
Bagnères de Bigorre (Pyrenées).	36	S. of F., <i>viâ</i> Bordeaux and Monceux, branching at Tarbes ...	21 45	105 0

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Bagnères de Lu- chon (Pyrenées).	37	S. of F., <i>viâ</i> Bordeaux and Tou-		
		louse, branching at Montrejeau	23 50	106 35
Bagnoli , near	38	P.L.M., <i>viâ</i> Mont Cenis, Genoa,		
Naples.		Rome and Naples	43 0	219 0
Bagnols	38	P.L.M. <i>viâ</i> Brioude and Villefort		
		(14 h. 35 m.), carriage (3 h.		
		30 m.)	18 5	77 30
Bains (Vosges) ...	38	E. of F., <i>viâ</i> Nancy and Epinal...	10 30	56 30
Balaruc (Hérault)	39	P.L.M., <i>viâ</i> Lyons and Cette ...	16 22	107 0
Balaton-Furêd	147	E. of F., <i>viâ</i> Avricourt, Strasburg,		
(Hungary)		Munich, Vienna, Pesth and		
		Sis-Fók (47 h. 15 m.), steam-		
		boat (1 hour)	48 15	223 90
Barbazan (Pyre-	41	O. and S. of F., <i>viâ</i> Bordeaux,		
nees).		Tarbes, Montrejeau and Lour-		
		des (18 h. 40 m.), carriage ($\frac{1}{2}$ h.)	19 10	113 85
Barbotan ...	41	O. and S. of F., <i>viâ</i> Bordeaux and		
		Mont à Marsan (15 h. 20 m.),		
		carriage (3 h. 30 m.)	18 50	97 30
Barcelona ...	41	P.L.M. to Marseilles by boat, or		
		Clermond Fd., Neussargues,		
		Beziers, or S. of F., <i>viâ</i>		
		Toulouse and Cette	28 25	141 50
Barèges	42	S. of F., <i>viâ</i> Bordeaux, branching		
		at Lourdes for Pierrefitte (19 h.		
		30 m). Carriage from Pierre-		
		fitte (2 h.)	21 30	116 40
Basel	42	E. of F., <i>viâ</i> Belfort	10 50	64 20
Battaglia (La)	44	P.L.M., <i>viâ</i> Macon, Culoz, Turin,		
Italy		Milan, Brescia and Padua ...	31 9	147 20
Bauche (La) ...	44	P.L.M., <i>viâ</i> Dijon, Macon, Cham-		
		béry, Lépin lac d'Aiguelette		
		(12 h. 19 m.), carriage ($3\frac{1}{2}$ h.)	15 49	75 70
Berlin	49	M. of F., <i>viâ</i> Venlo, Lehrte, Han-		
		nover or Cologne-Magdeburg	22 0	119 40
Berne	49	P. L. M. <i>viâ</i> Dijon—Pontarlier,		
		Neuchâtel	11 39	68 75
Bertrich	50	E. of F., <i>viâ</i> Metz, Treves and		
(Rhenish Prussia)		Bullay (12 h. 30 m.), diligence		
		(50 m.)	13 20	68 85
Biarritz (Pyre-	52	S. of F., <i>viâ</i> Bordeaux and Bay-		
nees).		onne	15 22	96 80
Bilin (Bohemia)...	53	N. of F., <i>viâ</i> Cologne, Hanover,		
		Magdeburg, Halle, Leipzig,		
		Dresden and Aussig	32 30	146 25
Bocklet (Bavaria)	56	E. of F., <i>viâ</i> Metz, Frankfort-on-		
		Maine, Würzburg, Kissingen		
		(29 h. 10 m.), carriage (1 h.) ...	30 10	122 25
Bondonneau ...	57	P. L. M. <i>viâ</i> Lyons, Valence and		
		Montélimart (13 h. 12 m.), car-		
		riage (30 m.)	13 42	81 65
Bordeaux ...	58	O. Railway	10 50	72 5
Bormio (Upper	59	E. of E., <i>viâ</i> Basle, Lucerne,		
Val Tellino)		Bellaggio Colico (29 h. 40 m.),		
		carriage (15 h.)	44 49	142 20
Boulogne ...	60	N. of F.	4 11	21 54

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Boulou, Le ...	60	O. and S. of F., <i>viâ</i> Bordeaux and Toulouse to Perpignan. (23 h.) carriage thence to Le Boulou. (1½ h.) ...	24 30	126 50
Bourbon-l'Archambault (Allier).	60	Orleans Railway to Sauvigny (5 h. 35 m.), carriage from Sauvigny (1 h.) ...	6 35	40 75
Bourbon Lancy (Saône and Loire).	61	P.L.M. <i>viâ</i> Nevers (8 h. 48 m.), thence by carriage (1½ h.) ...	10 3	41 20
Bourbonne les Bains.	61	E. of F. Railway, branch at Vitrey (8½ h.)	8 30	43 0
Bourboule, La (Puy de Dôme).	61	P.L.M. Bourbonnais line <i>viâ</i> Clermont-Ferrand and to Laqueille (12 hours), carriage (1½ hours)	13 30	60 0
BrideslesBains (Savoy).	64	P.L.M., <i>viâ</i> Culoz, Chambéry, St. Pierre and Albertville to Moutiers, thence by carriage (½ h.)	15 34	75 0
Brückenau (Bavaria).	67	E. of F., <i>viâ</i> Metz, Frankfurt-on-Maine, Würzburg and Kissingen (28 h. 40 m.), carriage (5 h.) ...	33 40	125 50
Brussels ...	68	Dover, Ostend ... Or from Paris by N. of F. Railway, <i>viâ</i> Maubeuge ...	8 30 9 20	58 75 39 70
Buda-Pesth (Austria-Hungary)	69	E. of F., <i>viâ</i> Avricourt, Strasburg, Munich, Salzburg and Vienna	36 30	180 50
Bussang (Vosges).	72	E. of F. Railway, line of Epinal	11 15	60 35
Buzot (Spain) ...	73	P.L.M., and S. of F., <i>viâ</i> Tarascon, Cette, Port-Vendres, Barcelona, Valencia, Eucina and Alicante (52 hours), carriage (2 h.) ...	54 0	289 15
Cadéac (Pyrenees)	74	O. and S. of F., <i>viâ</i> Bordeaux, Montrejeau and Lannemézan (21 h. 45 m.), carriage, <i>viâ</i> Arreau, (2 h. 50 m.) ...	24 35	122 85
Caille, La (Savoy)	74	P.L.M., <i>viâ</i> Mâcon, Culoz, Annecy (12 h. 5 m.), carriage (3 h. 30 m.)	16 21	77 10
Cairo (Egypt) ...	74	P.L.M., <i>viâ</i> Mont Cenis and Brindisi (70 h.); thence by C.G.T. steamer (79½ h.) ...	149 30	551 25
Caldaniccia (Corsica).	75	P.L.M. and C.G.T. boats, <i>viâ</i> Lyons, Marseilles, and Ajaccio, train (15 h. 25 m.), boat (12 to 15 h.), carriage (1 h. 30 m.) ...	31 50	144 30
Caldas de Cunitis (Spain).	75	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Palencia, La Corunna, Santiago, and El Carril (53 h.), carriage (5 h.) ...	58 0	241 25
Caldas de Mombuy (Spain).	76	P.L.M. and S. of F., <i>viâ</i> Tarascon, Carcassonne, Port Bou and Mollet (28 h. 52 m.), carriage (2 h.) ...	30 52	176 70

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Caldas de Ovi- edo (Spain).	76	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Vitoria, Burgos, Venta de Baños, Palencia, Busdongo and Pola de Leña (37 h. 46 m.), carriage (5 h.)	42 46	252 15
Caldas de Reyes (Spain).	76	Same itinerary as Caldas de Cuntis.	—	—
Cambo (France)	77	O. and S. of F., <i>viâ</i> Bordeaux, Dax and Bayonne (16 h. 10 m.), carriage (2 h.)	18 10	98 45
Campagne (France).	78	O. and S. of F., <i>viâ</i> Bordeaux, Toulouse, Carcassonne and Esperanza (17 h. 35 m.), car- riage ($\frac{1}{2}$ h.)	18 5	121 60
Cannes	80	P.L.M., <i>viâ</i> Lyons, Marseilles, and Toulon	20 28	130 05
Cannstadt (Württemberg).	81	E. of F., <i>viâ</i> Avricourt, Stras- burg, Carlsruhe and Stuttgart	17 10	80 30
Capri (Island) ...	81	P.L.M., <i>viâ</i> Mont Cenis, Genoa, Rome, Naples, thence by boat (3 h.)	46 0	233 65
Capvern (Pyre- nees).	82	S. of F., <i>viâ</i> Bordeaux and Tarbes	17 51	106 70
Carcanières (France).	82	P. L. M., <i>viâ</i> Lyons, Tarascon, Carcassonne, and Quillau (24 h. 30 m.), carriage, <i>viâ</i> Axat, (4 h. 30 m.)	29 0	131 70
Carlsbad (Bohe- mia).	82	E. of F., <i>viâ</i> Strasburg, Heidel- berg, Würzburg, and Eger ...	32 0	119 80
Carlsruhe	84	E. of F., <i>viâ</i> Forbach, Mayence, Mannheim	14 30	70 65
Carratraca (Spain).	84	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Madrid, Cor- doba, and Gobantes (59 h. 25 m.), carriage (2 $\frac{1}{2}$ h.)	62 0	336 60
Casciano	85	P.L.M. <i>viâ</i> Lyons and Genoa and Leghorn to Pontedera (44 h.); thence carriage (3 h.)	47 0	180 0
Cassel	85	N. of F., <i>viâ</i> Cologne-Giessen ...	19 25	76 80
Castellamare (near Naples.)	86	P.L.M., <i>viâ</i> Mont Cenis, Genoa, Rome, and Naples	50 20	224 25
Castéra-Verdu- zan (France).	87	O. and S. of F., <i>viâ</i> Bordeaux, Agen, and Auch (16 h. 10 m.), carriage (3 h.)	19 10	104 40
Catania (Sicily)	87	P.L.M., <i>viâ</i> Mont Cenis, Genoa, Rome, and Naples (45 h.); by steamer (24 $\frac{1}{2}$ h.)	69 30	40 65
Cauterets (Pyre- nees).	88	S. of F., <i>viâ</i> Bordeaux, branching from Lourdes to Pierrefitte (19 h. 30 m.), carriage from thence (2 h.)	21 30	11 90
Cauvalat-lez-le- Vigan (France).	89	P. L. M., <i>viâ</i> Lyons, Tarascon, Lunel, and Vigan (22 h.), car- riage ($\frac{1}{2}$ h.)	22 30	11 45
Cestona-Guez- alaga (Spain).	90	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Tolosa, and Zummaraga (20 h. 11 m.), carriage (2 h.) ...	22 11	122 35

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Challes (Savoy)	91	P.L.M., <i>viâ</i> Culoz to Chambéry (1½ h.) thence by carriage (½ h.)	14 0	75 0
Charlotten- brunn (Silesia).	92	N. of F., <i>viâ</i> Cologne, Berlin, Liegnitz, and Altwasser (31 h. 54 m.), diligence (1 h. 20m.) ...	33 15	158 0
Chateauneuf ...	93	P.L.M., Bourbonnais line to Riome (8 h. 10 m.), carriage (3 h.)	11 10	50 05
Châteldon (France).	93	P. L. M. <i>viâ</i> Nevers, Moulins, Vichy, and Ris-Chateldon (8 h. 3 m.)	11 3	51 95
Châtel-Guyon	93	P. L. M., <i>viâ</i> Nevers and Riom, Châtel-Guyon (8 h.), carriage (½ h.)	8 40	45 55
Chaudes-Aig- ues (France).	94	P. L. M. and O., <i>viâ</i> Nevers, Clermont-Ferrand, Arvant, and Neussargues (12 h. 25 m.), carriage (9 h. 30 m.)	21 55	70 65
Chianciano (Italy).	95	P. L. M., <i>viâ</i> Modane, Turin, Genoa, Florence and Asciano (38 h. 30 m.), carriage (½ h.) ...	39 0	191 85
Chiclana (Spain).	96	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Madrid, Cor- doba, Sevilla and Cadiz (62 h.), carriage (2½ h.)	64 30	282 65
Chitignano (Italy).	96	P. L. M., <i>viâ</i> Mont Cenis, Flor- ence and Arezzo (34 h. 30 m.), carriage (2 h.)	36 30	186 70
Coblentz ...	99	E. of F., <i>viâ</i> Forbach-Treves, and N. of F., <i>viâ</i> Cologne	12 30	67 50
Coise (Savoy) ...	100	P. L. M., <i>viâ</i> Culoz, Chambéry, and Cruet (14 h. 25 m.), dili- gence (1½ h.)	15 55	76 45
Cologne	101	N. of F., <i>viâ</i> Erquelines-Verviers Aix la Chapelle	10 0	60 0
Contrexéville (Vosges.)	103	E. of F., <i>viâ</i> Langres and Cha- lendrey	8 0	53 25
Cordova	104	O. and S. of F., <i>viâ</i> Bordeaux, from Madrid, Toledo, and Ciudad Real	53 10	292 45
Courmayeur & La Saxe (Italy).	106	P. L. M., <i>viâ</i> Lyons, Culoz, Mont Cenis, and Aosta (19 h. 10 m.), carriage (5 h.)	24 10	128 25
Cransac	107	S. of F. Railway to Cransac ...	15 0	73 85
Cudowa (Silesia)	108	N. of F., <i>viâ</i> Cologne, Hanover, Madeburg, Leipzig, Dresden, Chotzen, Nachod (38 h. 30 m.), diligence (2½ h.)	41 0	173 70
Cusset	108	P. L. M. to Vichy (7 h. 26 m.), carriage (½ h.)	7 56	45 0
Dax (Landes) ...	113	S. of F., <i>viâ</i> Bordeaux	15 0	90 80
Deauville (Cal- vados).	113	W. of F.	7 0	30 0
Dieppe (SeineInf)	114	W. of F.	4 0	20 65
Divonne les Bains	116	P.L.M. to Geneva, thence by rail to Nyon, carriage from Nyon (½ h.)	15 30	81 0

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Dresden	119	N. of F., <i>viâ</i> Cologne, Berlin, Leipzig, or Cologne, Frankfurt, Leipzig	28 25	139 0
Driburg	119	N. of F., <i>viâ</i> Cologne, Hamm, and Altenbecken	17 40	82 50
Dürkheim an der Hardt.	122	E. of F., <i>viâ</i> Forbach, Saar- brücken and Neustadt ad. Haardt	15 0	68 30
Eaux-Bonnes (Pyrenées).	122	O. and S. of F., <i>viâ</i> Bordeaux, Pau and Laruns (17½ h.), car- riage (½ h.)	18 0	105 0
Eaux - Chaudes (Pyrenées)	123	Same as above, ¾ h. more by carriage	18 30	112 0
Elster (Bohemia).	127	E. of F., <i>viâ</i> Avricourt, Stras- burg, Munich, Regensburg, and Eger	30 50	134 50
Ems (Nassau) ...	127	N. of F., <i>viâ</i> Erquelines, Namur, Cologne, Coblenz, Oberlahn- stein	16 15	71 15
Encausse (Pyrenées).	129	O. and S. of F., <i>viâ</i> Limoges, Toulouse, and St. Gaudens (19 h. 10 m.), carriage (1 h.) ...	20 10	116 85
Enghien (Seine and Oise).	129	N. of F.	0 20	1 35
Escaldas (Les) (Pyrenées).	131	P.L.M. and S. of F., <i>viâ</i> Tarascon, Cette, Perpignan, and Prades (22 h. 30 m.), carriage (10 h.) ...	32 30	143 60
Étretat (Seine Inf.).	132	W. of F., to Ifs (4 h. 50 m.), car- riage to Etretat (1 h.)	5 50	28 0
Euzet (France).	133	P.L.M., <i>viâ</i> Dijon, Lyon (Right bank), Euzet (21 h. 17 m.) ...	21 17	96 05
Evian (Savoy) ...	133	P.L.M., <i>viâ</i> Mâcon, Culoz, and Bellegarde	12 48	82 50
Fécamp (Seine Inf.)	135	W. of F.	5 20	27 30
Fitero (Spain) ...	137	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Alsásua, Castejon (26 h. 15 m.), carriage (3½ h.)	29 45	164 75
Florence... ..	138	P.L.M., <i>viâ</i> Mont Cenis and Pisa	27 0	149 55
Foucaude (France)	141	P.L.M., <i>viâ</i> Lyons, Tarascon and Montpellier (16 h. 38 m.), car- riage (¾ h.)	17 8	103 60
Forges (Seine Inf.)	140	W. of F. to Fécamp, stop at Forges	3 15	14 0
Frankfurt	142	N. of F., <i>viâ</i> Cologne, Mayence, or E. of F., <i>viâ</i> Forbach, May- ence... ..	18 30	77 15
Franzensbad (Bohemia)	142	E. of F., <i>viâ</i> Strassburg, Ulm, Regensburg, and Eger	28 0	114 35
Friedrichshall (Bavaria)	145	E. of F., <i>viâ</i> Forbach, Mayence, Frankfort and Coburg (20 h. 45 m.), carriage (4 h.)	24 25	118 75
Fuencaliente (Spain)	146	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Madrid, Ciudad, Real, Veredas (47 h. 55 m.), carriage (3½ h.)	51 25	200 0

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Gastein (Tyrol)...	149	E. of F., <i>viâ</i> Strasburg. Munich, Salzburg, to Lend (33 h.), carriage from Lend to Gastein (3 hr.) ...	33 20	143 85
Gazost Argeles (France)	24	O. and S. of F., <i>viâ</i> Bordeaux, Tarbes, Lourdes (19 h. 30 m.), carriage (1½ h.) ...	21 0	107 75
Geneva ...	151	P.L.M. <i>viâ</i> Macon, Culoz...	11 0	76 80
Genoa ...	151	P.L.M., <i>viâ</i> Mont Cenis—Turin or Marseilles—Nice ...	25 0	120 0
Gerardmer ... (France)	152	E. of F., <i>via</i> . Nancy and Epinal	9 0	59 10
Gleichenberg (Austria)	154	E. of F., <i>viâ</i> Strasburg, Munich, Vienna, Gratz, Feldbach (40 h. 50 m.), carriage (1 h. 30 m.) ...	42 20	213 30
Görbersdorf (Silesia)	157	N. of France, <i>viâ</i> Cologne, Berlin to Dittersbach (38 h. 30 m.), carriage (½ h.) ...	39 0	167 50
Granada ...	159	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Madrid, Toledo, Cordoba	61 40	275 90
Graválos (Spain)	160	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Alsásua, Castejon (26 h. 15 m.), carriage (3½ h.) ...	29 45	167 75
Gréoulx (France)	161	P.L.M., <i>viâ</i> Lyons, Veynes, Manosque (20 h. 23 m.), carriage (2½ h.) ...	22 53	103 60
Griesbach (Baden)	161	E. of F., <i>viâ</i> Strasburg and Oppenau (10 h.), diligence (1 h. 46 m.) ...	11 45	67 95
Guagno (Corsica)	163	P.L.M. and C.J.T. boats, <i>viâ</i> Lyons, Marseilles, Ajaccio (27 h. 25 m.) carriage (8 h.) ...	33 25	156 25
Guillon (Doubs)	164	P.L.M. to Dijon, branch to Baume-les-Dames (o. a.), carriage to Guillon (¾ h.) ...	6 45	55 0
Hague ...	165	N. of F., <i>viâ</i> Brussels, Antwerp, and Rotterdam ...	15 20	66 70
Hanover ...	167	N. of F., <i>viâ</i> Brussels—Venlo—Lehrte ...	15 30	87 50
Heidelberg ...	170	E. of F., <i>viâ</i> Forbach—Mayence—Mannheim ...	18 0	80 0
Herculesbad	173	E. of F., <i>viâ</i> Strasburg, Munich, Vienna, Pesth, Szegedin, and Temesvár ...	48 10	240 0
Mehadia (Hungary)	307	E. of F., <i>viâ</i> Basle and Zürich ...	22 30	83 70
Hof.-Ragatz (Switzerland).	177	N. of F., <i>viâ</i> Erquelines, Cologne, Mayence, Frankfurt ...	18 40	79 0
Homburg (Hessen)	180	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Madrid, Cordoba and Sevilla ...	62 0	264 30
Huelva (Spain)...	181	P.L.M., <i>viâ</i> Lyons and Marseilles—Toulon ...	18 35	117 0
Hyères (Var) ...				

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Innsbruck ...	185	E. of F. to Basle, thence by Zurich, Ziegelbrücke and Sargans... ..	23 0	50 0
Interlaken ...	186	P.L.M. <i>viâ</i> Dijon, Pontarlier and Berne	15 54	75 15
Ischia	186	Same as Naples (48 h.), boat (2½ h.)	50 30	230 0
Ischl	187	E. of F., <i>viâ</i> Strasburg, Kehl, Carlsruhe, Munich, and Salzburg	23 45	126 0
Kissingen (Bavaria)	195	E. of F., <i>viâ</i> Forbach, Bingen and Würzburg, branching at Schweinfurt	21 40	96 80
Kösen (Germany)	199	E. of F., <i>viâ</i> Metz, Saarbrücken, Mayence, Frankfurt, Bebra, Erfurt and Weimar	22 50	129 85
Krankenheil (Bavaria)	200	E. of F., <i>viâ</i> Strasburg, Carlsruhe, Stuttgart, Munich, Toelz	27 20	119 80
Kreuth (Bavaria).	200	E. of F., <i>viâ</i> Strasburg, Carlsruhe, Munich, Schattlach (30 h.), diligence (3½ h.)	33 30	119 55
Kreuznach (Rhenish-Prussia)	200	E. of F., <i>viâ</i> Forbach	13 25	71 85
Landeck (Silesia).	206	N. of F., <i>viâ</i> Cologne, Hanover, Berlin, Sagan, Breslau, Glatz (32 h. 40 m.), diligence (4 h.)	36 40	176 30
Laubbach	208	N. of F., <i>viâ</i> Cologne and Coblenz (12 h. 30 m.), thence carriage (½ h.)	12 45	68 50
Lausanne (Switzerland)	209	P.L.M. to Dijon, Pontarlier and Lausanne	11 9	64 5
Lavey (Switzerland).	210	P.L.M., <i>viâ</i> Pontarlier, Lausanne, St. Maurice (1½ h. 26 m.), carriage (25 m.)	14 51	69 45
Ledesma (Spain).	211	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Valladolid, Medina del Campo, Salamanca (52 h. 10 m.), carriage (2½ h.)	54 40	186 30
Leipzig	212	N. of F., <i>viâ</i> Erquelines, Cologne, or Forbach—Frankfurt	27 0	134 0
Liebenstein (Thuringia).	215	E. of F., <i>viâ</i> Saarbrücken, Frankfurt, a/m., Eisenach and Immelborn (21 h. 10 m.), diligence (1 h.)	22 10	132 75
Liebenzell (Württemberg).	215	E. of F., <i>viâ</i> Strasburg, Carlsruhe, Pforzheim (15 h.), diligence (1½ h.)	16 30	76 70
Liebwerda (Silesia).	215	N. of F., <i>viâ</i> Cologne, Hanover, Magdeburg, Halle, Leipzig, Dresden, Görlitz, Seidenberg, Raspenau (32 h. 30 m.), carriage (30 m.)	33 0	150 25

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			h. m.	Fr. cts.
Lippspringe (Westphalia).	218	N. of F., <i>viâ</i> Cologne, Hamm, Paderborn (16 h. 25 m.), diligence (1 h. 10 m.)	17 35	81 45
Locarno (Italian Lakes)	220	E. of F., <i>viâ</i> Belfort, Basle, Lucerne	24 30	103 70
Louèche Valais (Switzerland)	222	P.L.M., <i>viâ</i> Dijon and Pontar- lier to Lausanne. Louèche ...	17 52	77 35
Lucca (Italy) ...	223	P.L.M., <i>viâ</i> Mont Cenis, Turin, Genoa, and Leghorn, to Lucca Station (31 h.), carriage to the baths (2½ h.)	33 30	146 0
Lucerne	223	E. of F., <i>viâ</i> Belfort, Basle ...	19 30	74 40
Luchon	224	O. and S. of F., <i>viâ</i> Bordeaux, Tarbes, and Montrejeau ...	19 30	103 50
Luxeuil (Vosges)	226	E. of F. Line to Mulhouse, St. Loup	11 40	49 75
Lyons	227	P.L.M.	9 0	63 50
Madeira	228	Castle Line (London and South- ampton) sailing from South- ampton on alternate Saturdays. Union Line from Southampton sailing on alternate Saturdays. Intermediate steamers of this line frequently call. Lamport and Holt Line. Out- wards from London 2nd and 16th of each month. African S.S. Co. from Liverpool on Saturdays. From Lisbon 3 or 4 steamers per month.	— 3¼d. (about) — — — —	£25 10s return. £25 10s return. £15 15s return. £15 return. £5 14s.
Madrid	230	O. and S. of F., <i>viâ</i> Bordeaux, Irun, and Burgos	41 30	184 50
Maloja (Engadine)	231	E. of F., <i>viâ</i> Belfort, Basle, Zürich and Coire (23 h.), carriage or diligence (12 h.)	35 0	134 60
Malou (La) (Hérault).	206	P.L.M., S. of F., <i>viâ</i> Tarascon, Montpellier, Fangères, and Bedarieux (19 h. 5 m.), carriage (45 m.)	19 50	123 40
Malta (Island) ...	234	P.L.M., <i>viâ</i> Mont Cenis, Turin, Genoa, Rome, and Naples, (46½ h.); thence by steamer (34 h.); or direct from England by P. and O. steamers, nine days, or <i>viâ</i> Marseilles by steamer ...	80 15	375 0
Mannheim	235	E. of F., <i>viâ</i> Forbach and Bingen	17 30	70 80
Marcols (Ardèche).	236	P.L.M. line to Marseilles; branch at Livron to Lavoulte station (12½ h.); thence by carriage (4 h.)	16 30	84 0
Marienbad (Bohemia).	236	E. of F., <i>viâ</i> Strasburg, Heidel- berg, Würzburg, Regensburg	30 12	126 60
Marlioz	237	Same as Aix-les-Bains.		
Matlock Bath	239	From London by Midland Rail- way	4 0	

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Mayence... ...	240	N. of F., <i>viâ</i> Erquelines-Cologne; or E. of F., <i>viâ</i> Forbach, Bingen	17 15	78 80
Mehadia or Herculesbad (Hungary).	242	E. of F., <i>viâ</i> Strasburg, Munich, Vienna, Pesth, Szegedin, and Temesvár	54 10	249 27
Mentone (France).	243	P.L.M., <i>viâ</i> Marseilles, Nice ...	22 46	136 85
Mergentheim...	246	E. of F., <i>viâ</i> Strasburg, Heidel- berg, and Königshofen ...	18 50	88 20
Milan	248	P.L.M., <i>viâ</i> Mont Cenis	27 0	119 0
Molar (El) (Spain).	250	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Valladolid, Madrid (46 h. 40 m.), carriage (4 h.)	50 40	188 40
Molinar de Carranza (Spain).	250	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Vitoria, Miranda, Bil- bao (27 h. 24 m.), carriage (6 h.)	33 24	156 25
Molitg (Pyrenees).	250	S. of F., <i>viâ</i> Perpignan to the station of Prades (22 h. 45 m.), carriage (1 h.)	23 50	126 0
Monaco	251	P.L.M., <i>viâ</i> Marseilles and Nice	22 21	135 70
Monte Carlo	255	P.L.M. <i>via</i> Marseilles and Nice...	22 30	136 0
Montbrun (Drôme).	254	P.L.M., <i>viâ</i> Lyons; branch at Sorges to Carpentras (16 h.), thence by carriage (5 h.) ...	21 0	100 0
Mont-Dore (Puy de Dôme).	254	P.L.M., Bourbonnais line to Cler- mont - Ferrand and Laqueille (9½ h.), carriage (2 h.) ...	11 0	62 35
Monte-catini (Tuscany).	255	P.L.M., <i>viâ</i> Mont Cenis, Turin, Genoa, Pisa	33 0	145 0
Montemayor (Spain).	256	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Valladolid, Medina del Campo, and Sala- manca (34 h.), carriage (10 h.)	44 0	185 0
Montmirail- Vacqueiras	257	P. L. M., <i>viâ</i> Lyons, Valence, and Orange (15½ h.), carriage (1½ h.)	17 0	80 40
Motte (La) ...	206	P. L. M., <i>viâ</i> Dijon, Macon, Gre- noble, and St. George (13 h. 54 m.), carriage (2 h. 40 m.) ...	16 34	80 25
Munich	260	E. of F., <i>viâ</i> Strasburg, Kehl, Stuttgart	36 0	93 30
Nantes	263	W. of F., <i>viâ</i> Le Mans	17 30	48 75
Naples (Italy) ...	263	P.L.M., <i>viâ</i> Mont Cenis, Genoa, Rome	47 45	223 85
Neuheim (Hessen).	264	E. of F., <i>viâ</i> Forbach, Binger- brück, Frankfurt	16 20	88 0
Neuenahr ...	269	N. of F., <i>viâ</i> Erquelines, Cologne, Remagen	12 30	64 75
Neris (Allier) ...	268	Orleans Railway, <i>viâ</i> Vierzon- Bourges to Chamblet (8 h. 45 m.), thence by carriage (45 m.)	9 30	43 0

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Nice	272	P.L.M., <i>viâ</i> Lyons and Marseilles	21 27	133 20
Niederbronn (Alsacia).	274	E. of F., <i>viâ</i> Strasburg	12 40	60 85
Oeynhauscn (Germany).	279	N. of F., <i>viâ</i> Erquelines, Cologne, and Düsseldorf	17 0	76 75
Ofen (Buda-Pesth, Hungary).	279	E. of F., <i>viâ</i> Strasburg, Munich, and Vienna	60 0	180 0
Olette (Pyrenees)	280	P. L. M., S. of F., <i>viâ</i> Lyons, Tarascon, Narbonne, and Prades (21 h. 30 m.), carriage (2 h.)	23 30	122 30
Ontaneda y Al- ceda.	281	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Venta de Baños and Penedo (36 h. 50 m.), carriage (1½ h.)	38 20	160 0
Palermo	285	P.L.M., <i>viâ</i> Mont Cenis, Genoa, Rome to Naples (46½ h.), thence by steamer (10 h.) ...	66 15	239 25
Panticosa (Spain.)	286	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Alsásua, Saragoza, Tar- dienta and Huesca (32 h. 10m. carriage, <i>viâ</i> Jaca (9 h.) ...	41 10	225 10
Pau (Pyrenées)	290	S. of F., <i>viâ</i> Bordeaux, branch at Dax	17 20	101 0
Pfaeffers St. Gallen).	294	E. of F., <i>viâ</i> Basle and Ragatz (22 h. 30 m.), carriage to Pfaeffers (45 m.)	23 15	81 60
Pierrefonds (Oise)	294	N. of F. to Compiègne (1½ h.), thence by carriage (1 h.) ...	2 30	12 0
Pietrapola (Corsica).	295	P. L. M. and C. G. T. steamer, <i>viâ</i> Marseilles and Bastia (35 h.), carriages, <i>viâ</i> Miggli- acciaro (13 h.)	48 0	164 30
Pisa	295	P.L.M., <i>viâ</i> Genoa	34 30	147 75
Plombières (Vosges).	296	E. of F. line to Mulhouse, branch- ing at Port l'Atelier to Aille- villers, and at Aillevillers to Plombières (10 h.)	10 0	45 0
Porretta (La) (Italy).	300	P. L. M., <i>viâ</i> Mont Cenis, Turin, Parma, Modena, Bologna ...	31 0	163 55
Pougues (Nièvre).	301	P.L.M. Bourbonnais line	5 0	29 70
Prague	302	E. of F., <i>viâ</i> Strasburg, Kehl, Würzburg	38 0	130 80
Preste (La) (Pyrenees).	304	S. of F., <i>viâ</i> Perpignan (18h. 45m.), thence by carriage (5 h.)	23 45	145 0
Puda (La) (Spain).	304	P. L. M. and S. of F., <i>viâ</i> Lyons, Tarascon, Cete, Portbou, Bar- celona, and Olesa (31 h. 52 m.), carriage (½ h.)	32 22	189 85
Pyrmont (Waldeck).	306	N. of F., <i>viâ</i> Erquelines, Cologne, Elberfeld, Soest, and Alten- becken	18 0	84 30
Pistyan or Pöst- jén (Hungary).	295	E. of F., <i>viâ</i> Strasburg, Munich, Vienna, Pressburg and Tyrnau	45 10	190 90
Ragatz-Pfeffers (Switzerland).	307	E. of F., <i>viâ</i> Basle-Zürich, Rap- perswyl and Sargans	1 31	83 70

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
Ravone in Casa- glia (Italy).	310	P.L.M., <i>viâ</i> Mont Cenis, Turin, Alessandria, Piacenza, Reggio, Modena	H. M.	Fr. cts.
Recoaro (Venetia)	311	P.M.M., <i>viâ</i> Mont Cenis, Turin, Milan, to Vicenza (30 h. 45 m.), thence by carriage (4 h.) ...	29 30	137 80
Reinerz (Silesia)	313	N. of F., <i>viâ</i> Cologne, Hanover, Magdeburg, Leipzig, Dresden, Chotzen, Nachod (38 h. 10 m.), diligence (2½ h.)	34 45	145 0
Reichenhall ...	312	E. of F., <i>viâ</i> Strasburg and Munich—Salzburg	40 40	179 70
Rheinfelden ...	314	E. of F., <i>viâ</i> Mulhouse and Basle to Rheinfelden	40 0	105 0
Rippoldsau (Baden).	316	E. of F., <i>viâ</i> Strasburg, Offen- burg and Wolfach (13 h. 40 m.), diligence (2 h. 20 m.) ...	13 0	65 0
Rome	319	P.L.M., <i>viâ</i> Mont Cenis, or Mar- seilles, Nice, Genoa, Pisa ...	16 0	72 40
Rotterdam ...	323	N. of F., <i>viâ</i> Maubeuge, Brussels, Antwerp	33 0	185 0
Roucas Blanc (France).	324	P.L.M. to Marseilles (16 h.), thence by carriage (30 m.) ...	14 15	64 40
Rouzat (Auvergne).	324	P.L.M. to Riome (1 h. 45 m.) omnibus to Rouzat (30 m.) ...	16 30	107 0
Royat	324	P.L.M. Bourbonnais line <i>viâ</i> Clermont Ferrand	2 15	9 35
St. Alban (France).	328	P. L. M., Bourbonnais line, <i>viâ</i> Nevers, Moulins, and Roanne (9 h. 30 m.), carriage (1 h.) ...	9 30	73 0
St. Amand (France).	328	N. of F., <i>viâ</i> Amiens and Va- lenciennes... ..	10 32	53 85
St. Christau (France).	329	O. and S. of F., <i>viâ</i> Bordeaux, Pau, and Oléron (21 h.), car- riage (45 m.)	6 53	31 25
St. Gervais ...	330	P.L.M. to La Roche-sur-Foror (12 h. 27 m.), thence by dili- gence (6 h.)	21 45	105 75
St. Honoré ...	330	P.L.M. Bourbonnais line to Ne- vers to Cerey-la-Tour, Vande- nesse (7 h. 50 m.)	18 27	95 0
St. Laurent (France).	331	P. L. M., <i>viâ</i> Nevers, and La Bas- tide (16 h. 42 m.), carriage (1½ h.)	7 51	40 0
St. Moritz (Engadine).	332	E. of F., <i>viâ</i> Belfort and Basle to Coire (23 h.), carriage to St. Moritz (11 h.)	18 13	77 75
St. Nectaire ...	335	P.L.M. Bourbonnais line to Coudes (10 h. 20 m.), thence by carriage (2 h.)	34 0	130 60
St. Raphael (Riviera).	336	P. L. M., <i>viâ</i> Lyons, Marseilles, and Toulon	12 20	58 0
St. Sauveur ...	337	S. of F., <i>viâ</i> Bourdeaux, branch- ing at Lourdes for Pierrefitte (19½ h.), carriage to St. Sau- veur (1½ h.)	19 30	130 20
San Giuliano (Italy).	345	P. L. M., <i>viâ</i> Mont Cenis, Genoa, and Pisa	21 0	115 0
			31 0	136 70

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
San Remo ...	346	P.L.M., <i>viâ</i> Marseilles-Ventimiglia or <i>viâ</i> Mont Cenis ...	25 20	140 0
Sacedon (Spain)	327	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Valladolid, Madrid and Guadalaxara (38 h. 45 m.), carriage (4½ h.) ...	43 15	206 65
Sail-les-Bains (France).	328	P. L. M., Bourbonnais line, <i>viâ</i> Nevers, Moulins, St. Germain les Fossés, St. Martin d'Estréaux (8. h. 50 m.), carriage (1 h.)	9 50	49 90
Sail-sous-Couzan (France).	328	P. L. M., Bourbonnais line, <i>viâ</i> Nevers and Clermont-Ferrand	12 10	61 95
Salies de Béarn (Pyrenées).	339	O. and S. of F., <i>viâ</i> Bordeaux, Dax, and Pujoo (15 h. 45 m.), carriage (45 m.) ...	16 30	96 25
Salins (France)...	339	P. L. M., <i>viâ</i> Dijon, Dôle, and Mouchard ...	10 55	49 45
Salins-Moutiers (Savoy).	340	P. L. M., <i>viâ</i> Dijon, Chambéry, St. Pierre and Albertville to Moutiers, thence by carriage (10 min.) ...	17 0	75 0
Salzbrunn (Silesia)	341	N. of F. <i>viâ</i> Cologne, Hanover, Berlin and Altwasser (33 h. 30 m.), diligence (30 m.) ...	34 0	160 37
Salzburg (Austria)	341	E. of F., <i>via</i> Strasburg, Bruchsal	25 55	95 30
Salzungen (Thuringia)	342	E. of F., <i>viâ</i> Saarbrücken, Frankfurt, Bebra, Eisenach ...	23 40	111 35
Santa Agueda (Spain)	348	O. and S. of F. <i>viâ</i> Bordeaux, Irun, Tolosa, Zumarraga (20 h. 11 m.), diligence (4 hours).	24 11	126 35
Saragoza ...	350	O. and S. of F., <i>viâ</i> Bordeaux, Irun... ..	35 5	184 30
Saxon (Switzerland).	353	P. L. M., <i>viâ</i> Dijon, Lausanne, St. Maurice, and Martigny ...	17 53	73 55
Scheveningen	354	N. of F. <i>viâ</i> Brussels Antwerp and the Hague	10 0	50 0
Schinznach ...	354	E. of F., <i>viâ</i> Belfort, Basle, and Aarau	17 0	71 30
Schlangenbad	356	E. of F., <i>viâ</i> Metz, Forbach, Bingerbück, Eltville (11 h.), thence by carriage (1 h.) ...	19 10	75 20
Schwalbach ...	359	Same itinerary as above to Eltville, carriage (2 h.)... ..	20 0	76 40
Schwalheim (Germany) ...	360	E. of F. <i>viâ</i> Saarbrücken, Mayence, Frankfurt s/m, Nauheim (16 h. 30 m.), diligence (30 m.)	17 05	89 60
Sermaise ...	365	E. of F., <i>viâ</i> Epernay and Châlons-sur-Marne	5 12	28 40
Seville ...	365	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Madrid, Cordoba ...	56 5	256 0
Siradan (Pyrenees).	369	O. and S. of F., <i>viâ</i> Bordeaux, Montréjeau Salichau (19 h. 45 m.), carriage (½ h.) ...	20 15	119 35
Soden ...	370	E. of F., <i>viâ</i> Saarbrücken, Bingerbrück, Frankfurt and Soden	19 30	

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Spa	373	N. of F., <i>viâ</i> Erquelines, Namur, Liège, to Pepinster and Spa ...	8 27	44 75
Spezzia (Italy)...	374	P.L.M., <i>viâ</i> Genoa, stop at Spezzia	28 6	130 40
Strasbourg ...	377	E. of F., <i>viâ</i> Nancy ...	11 8	61 35
Strathpeffer (Spa).	378	From London, <i>viâ</i> Dunkeld Highland Railway ...	16 30	
Stuttgart ...	379	E. of F., <i>viâ</i> Strasbourg-Kehl ...	17 15	83 50
Sulzbach ...	380	E. of F., <i>viâ</i> Nancy and Saverne	11 50	59 25
Sulzbach (Alsatia).	380	E. of T., <i>viâ</i> Strasbourg, Colmar and Walbach (12 h. 40 m.), diligence (30 m.)... ..	13 10	70 10
Sulzmatt (Alsatia).	381	E. of F., <i>viâ</i> Nancy, Strasbourg, Saverne and Ruffach (13 h. 30 m.), diligence (50 m.) ...	14 20	65 90
Szkleno (Hungary).	383	E. of F., <i>viâ</i> Strasbourg, Munich, Vienna, Pesth, Garam-Ber- zenese (47 h. 10 m.), carriage (2½ h.)	49 40	243 85
Szliác (Hungary).	383	E. of F., <i>viâ</i> Strasbourg, Munich, Vienna, Pesth and Altsohl ...	46 20	235 37
Tabbiano (Italy)	384	P.L.M., <i>viâ</i> Mont-Cenis, Turin, Alessandria, Borgo San Do- mino (25 h. 48 m.) carriage (½ h.)	26 18	130 45
Tarasp (Schülz)	385	E. of F., <i>viâ</i> Belfort, Basle, Zürich to Coire (23 h.), thence by carriage (11½ h.) ...	34 30	112 0
Teneriffe	387	From London and Plymouth, Shaw Savill and Albion Co. New Zealand Shipping Co.	5 days	£25 return.
		From London and Southampton, Antwerp, Rotterdam and Hamburg, Union Ss. Co.	6 days	£23 21 6 return.
		From London, Messrs. George Thompson & Co., Messrs. John T. Rennie, Son & Co., and Messrs. Forwood Bros. Lines.	7 days	£15 return.
		From Liverpool, by British and African S. N. Co. and African Ss. Co.	7 days	£15 return.
		From Havre, by Cie. des Charges Réunies.	7 days	£20 return.
Teplitz - Schö- nau.	389	E. of F., <i>viâ</i> Strasbourg, Stuttgart, Würzburg	32 0	145 50
Teplitz - Trenc- zin (Hungary).	389	E. of F. <i>viâ</i> Strasbourg, Munich, Vienna, Pressburg, Trenczin (41 h. 40 m.), carriage (1 h. 20 m.)	43 0	195 60
Tercis (Pyrenees)	390	O. and S. of F., <i>viâ</i> Bordeaux, Dax (15 h. 5 m.), carriage (1 h.)	16 5	92 30
Trescore (Italy)	398	E of F., <i>viâ</i> Basle, Lucerne, Ber- gamo, Gorlago (26 h. 48 m.), carriage (½ h.)	27 18	128 15
Trillo (Spain) ...	398	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Burgos, Madrid, Matilla (40 h. 21 m.), carriage (4 h.) ...	44 21	219 45
Trouville ...	399	W. of F. to Trouville	6 0	27 10

Name of Station.	Page.	Mode of Travelling.	Time.	Price.
			H. M.	Fr. cts.
Turin	400	P.L.M., <i>viâ</i> Mont Cenis	21 30	100 20
Urberoaga de Alzola (Spain)	403	O. and S. of F., <i>viâ</i> Bordeaux, Irun, Zumarraga (20 h. 11 m.), carriage <i>viâ</i> Vergara (3½ h.) ...	23 41	129 35
Uriage	403	P.L.M., <i>viâ</i> Lyons to Gières, Uriage (13 h. 40 m.), omnibus (40 m.)	14 20	89 0
Ussat	404	O. and S. of F. to Tarascon (19 h.), thence by carriage (3 h.)	22 0	101 0
Valdieri (Italy)...	405	P.L.M., <i>viâ</i> Mont-Cenis, Turin, Coni (28 h. 30 m.), carriage (4½ h.)	33 0	116 05
Vals	406	P.L.M., branch at Livron to Vogue, Vals	16 42	87 30
Venice	408	P.L.M., <i>viâ</i> Mont Cenis, Turin, Milan	33 53	149 60
Vernet Le	409	S. of F. to Perpignan and Prades (18 h. 45 m.), thence by car- riage (2 h. 20 m.)	21 5	136 90
Vevey	409	P. L. M. <i>viâ</i> Pontarlier and Lausanne	13 0	65 90
Vichy	410	P.L.M., Bourbonnais line	7 26	45 5
Vic sur Cère (France)	411	P.I.M. and O., <i>viâ</i> Nevers, Cler- mont-Ferrand, and Arvant ...	14 50	61 70
Vienna	411	E. of F., <i>viâ</i> Strasburg, Kehl, Munich, Salzburg	27 0	154 70
Vinadio (Italy)...	414	P.L.M., <i>viâ</i> Lyons, Turin, and Coni (6 h.) carriage	28 0	120 05
Visos (Pyrenées)	415	O. and S. of F., <i>viâ</i> Bordeaux, Tarbes, Pierrefitte (20 h. 45 m.), carriage (2 h.)	22 45	109 30
Viterbo (Italy) ...	415	P.L.M., <i>viâ</i> Mont-Cenis, Turin, Genoa, Florence, Orte (40 h. 46 m.), carriage (2½ h.) ...	43 16	192 0
Vittel	415	E. of F., Nancy, <i>viâ</i> Langres and Chalendrey	8 30	53 80
Vöslau (Austria)	416	E. of F., <i>viâ</i> Strasburg, Kehl, Stuttgart, Munich, Salzburg, and Vienna	27 45	156 95
Warmbrunn (Silesia).	418	N. of F., <i>viâ</i> Cologne, Hanover, Sorau, Kohlfurt, Hirschberg (31 h. 30 m.), diligence (45 m.)	32 15	155 60
Weilbach	420	E. of F., <i>viâ</i> Metz, Forbach, May- ence, Frankfurt to Flörsheim (17 h. 30 m.), thence by car- riage (10 m.)	15 0	79 80
Weissenburg (Switzerland).	420	P.L.M., <i>viâ</i> Pontarlier, Neucha- tel, Berne, Thune (15 h. 35 m.), carriage (3 h. 30 m.)	19 5	81 05
Wiesbaden	422	E. of F., <i>viâ</i> Metz, Forbach, Mayence	15 0	73 05
Wildbad... ..	425	E. of F., <i>viâ</i> Strasburg, Carls- ruhe, Pforzheim... ..	16 0	76 20
Wildungen	426	N. of F., <i>viâ</i> Erquelines, Namur, and Marburg	19 10	97 12
Woodhall Spa	428	From London by Great Northern	4 0	
Zürich	433	E. of F., <i>viâ</i> Belfort, Basle ...	18 8	73 55

THE DICTIONARY.

ABANO.—Italy, Venetia, near Padua. For routes see table.

Brom-iodide saline waters, 200° F.

Mud baths.

Special indications: Rheumatism, scrofula, herpes, gout, ovarian and uterine inflammations, secondary and tertiary syphilitic affections.

This place, known to the Romans as *Acquae-Aponenses*, contains now about 4,000 inhabitants. The water is used almost exclusively for baths. The mud is applied locally to affected parts, and the vapour in steam-baths for inhalation and locally.

Abas-Tuman.—Russia, Caucasus, near Achalzieh.

Sulphuro-saline waters, 110° to 120° F. Similar to Aix-les-Bains and Caunterets, but less rich in mineral constituents.

Special indications: Rheumatism, articular contractions, arthritis, atonic ulcers and mercurial dyscrasia.

The establishments offer but little comfort. The scenery is wild and grand, and game very abundant. There is a tradition that the waters were used by Alexander of Macedon.

Abbach.—Germany, Bavaria, near Ratisbon, on the right bank of the Danube; population, 1,308.

Alkaline waters.

Special indication: Abdominal plethora.

Doctors: Drs. Bally and Heine.

Abbazia.—Austria, Istria, district of Fiume.

Winter station.

Season: 1st October to 1st May.

Special indications: Affections of the larynx, pharynx and chest, and heart diseases.

Abbazia is a new and rising station, one hour's drive from Fiume. It is situated on a small bay of the Adriatic, and is well protected against north, east and west winds. The Bora is deprived of much of its evil influence by the adjacent island of Veglia. Mean temperature, 50°.

Doctors: Drs. Glax. Ambroz, Tamaro, and Szemere.

Hotels: The *Archduchess Stephanie*, *Juarnero*, and *Grand Hotel Abbazia*.

Abbecourt.—France, Department of Seine and Oise, commune of Poissy.
Cold ferruginous bicarbonate waters.

Abdalagis.—Spain, province of Málaga, near Romera.
Bitter waters, scarcely used; purgative action.

Abrabreses.—Spain, province of Zamora, near Benavente.
Ferruginous waters.
The spring is sufficiently strong to drive a flour-mill.
Special indications: Indigestion, difficult menstruation, anæmia, chlorosis, sterility.
There is no establishment.

Abensberg.—Germany, Bavaria, situated on the Abens, near Ratisbon; population, 2,186.
Mixed carbonate waters.
Special indications: Herpes and arthritis.
Doctors: Drs. Jas. Linsmeyer and Rieger.

Aberayron.—Wales, Cardiganshire, between Cardigan and Aberystwith.
Chalybeate waters and sea bathing. Sandy beach.
Doctors: Drs. Williams, Alban, Davies, Jones, &c.

Aberbrothick, or Arbroath.—Scotland, Forfarshire. 16 miles from Dundee.
Sea baths and cold ferruginous carbonate waters.
Special indications: Scrofula.
Season: July-September. The climate is mild, and the town sheltered from easterly winds.
Doctors: Drs. Monro, Gray Dewar, etc.
Hotel: The *Albion*.

Aberdaron.—Wales, Carnarvonshire, on the northern coast of Bay of Cardigan.
Sea bathing; sandy beach; very picturesque scenery.

Aberystwith.—Wales, Cardiganshire, by London and North-Western Railway, in nine hours.

Sea baths and ferruginous waters.

Season: May-October. Sandy sloping beach.

There is an establishment for hot and cold baths. The amusements are varied, and include concerts, theatre, archery, tennis, cricket, musical promenades, balls, horse racing, good fishing and boating, grouse and partridge shooting.

Doctors: Drs. Morgan, Davies, Roberts, Jones, Bonsall, Harries, and many others.

Hotels: The *Royal* and *Waterloo*.

Aboukir.—Algiers, province of Oran, near Mostaganem, near the Mediterranean, and 79 k. from Oran.

Sea baths and saline spring.

Abzac.—France, Department of Charente, between Tours and Bordeaux, stop at Ruffec; thence by omnibus.

Cold saline waters.

Special indications: Atony, constipation, congestions, ague and intermittent fevers.

Acireale.—Italy, Sicily; 35,000 inhabitants; 550 feet above sea level; on the southern slope of Mount Etna; two hours from Messina. For routes see table.

A winter station of great importance.

Sulphuro-saline waters of St. Venere, 70° F. Milk and whey cure, Hydropathic establishment.

Season: All the year round.

Special indications: Pulmonary phthisis, chronic bronchial catarrh, emphysema, pneumonia, anæmia and chlorosis are benefited by the climate in winter; rheumatism, gout, the uric or oxalic acid diathesis, ankylosis, obesity, latent scrofula, paralysis and neuralgia, mercury, lead and arsenical poisoning are benefited by the waters.

The climate of Acireale is very dry and mild. The death-rate is 19 per thousand. Mean winter temperature 55° F. The variations are never more than 10°. The number of rainy days in the year range between 30 and 50, but do not exceed the latter. Snow and fogs are unknown. Windy days are less in number than on the Riviera, and there is a complete absence of dust. The prevailing winds are the S.E., S.W., S.S.E., and E.S.E. The air is very rich in ozone, owing to the vicinity of the sea and the luxuriance of the vegetation.

Post and Telegraph in the Hôtel des Bains. Doctors are attached to the establishments.

Hotels: The *Grand Hôtel des Bains*.

Acquaacetosa.—Italy, Rome, outside Porta del Ropolo. For routes see table.

Bicarbonate ferruginous waters, 33° F.

Special indications: Convalescence from intermittent fever.

Acqua-Acidola.—Italy, Tuscany, near Montalceto.

Sulphurous and ferruginous waters, 70° F.

Special indications: Atonic affections of the stomach and intestines, including various forms of dyspepsia and nephritis.

Acquæ-Albulæ.—Italy, 35 minutes from Tivoli; 50 minutes from Rome by steam tramway.

Sulphurous-saline waters, 75° F.

Season: Open all the year round, but the principal season is from April till November.

Special indications: Chronic ulcers, atonic and relaxed conditions of the mucous membrane generally, chronic skin diseases and rheumatism.

The establishment is one of the best of its kind in Europe as regards buildings and appliances. The supply of water amounts to 5,000 quarts a second. In this respect, and also in the quantity of sulphurous acid they hold in solution, these waters are second to none in Europe of their kind. They were very

famous in Roman times, and much frequented. Owing to the copious supply, the water is being constantly renovated in the baths. The establishment contains four large swimming baths, without including the commoner baths for soldiers and the poor. There are also 200 separate baths, with dressing-rooms, pavilions for families; cold and sulphurous water douches, inhalation chambers and a large restaurant, at which the prices are moderate. All appliances are thoroughly efficient.

Three doctors are constantly in attendance at the baths.

For further information address the joint proprietor, Com. Ign. Faust Anderloni, Rome.

Acqua-Bolle.—Italy, Tuscany, near Grosseto, in a very lonely and cheerless valley.

Alkaline-ferruginous waters 60° F.

Special indications: Gravel and calculous affections of the urinary and digestive organs.

Acqua-Puzzolente-di-Livorno.—Italy, Tuscany, near Leghorn.

Sulphuro-saline waters, varying in temperature, according to the season, from 50° to 75° F.

Special indications: Scabies, herpes, eczema, and other skin diseases, scrofulous and rheumatic affections.

Acqua-Raineriana.—Italy, Padova, near Venice, in the vicinity of the volcanic lake of Arqua.

Free sulphurous waters, 70° F., containing a considerable quantity of free sulphuretted hydrogen.

Special indications: Skin diseases such as herpes and psoriasis, scrofulous affections, and debility of the digestive organs.

Notwithstanding its disagreeable taste, the water is chiefly used internally; if used externally, it is generally mixed with sea water.

Acqua Rossa, Italian Switzerland, Canton Tessin. Population 1,200.

Sulphate of lime and ferruginous waters.

Doctor: Dr. Soffianti.

Acqua-Santa (Terme di).—Italy, province of Ascoli-Piceno. Railway to St. Benedetto del Tronto, thence by carriage, 4½ hours. Omnibus, 3 fcs. each person. Carriages, one horse, 15 fcs.; two horses, 25 fcs. 1,200 feet above sea level.

Saline-sulphurous waters, with traces of bromine and iodine, 85° F.; steam, shower and mud baths. Inhalation.

Season: June–September.

Special indications: Chronic inflammation of the skin, muscular and articular rheumatism, syphilis, scrofula.

The establishment built in 1843 has been recently furnished with all modern appliances. Several hotels, and pensions ranging from 6 fcs. to 10 fcs. a day.

Acqua-Santa is a quiet spot, with delightful walks and excursions. Post and Telegraph Office.

Doctors: Drs. Bellini and Tucci.

Acqua-Santa-di-Buyhuto.—Sicily, near Palermo and close to the sea.
Acidulated and bitter waters.

Special indications : Constipation and obesity.

Acqua-Santa.—Italy, near Voltri, 10 miles west of Genoa.

Sulphate of lime waters, 57° F.

Special indications : Scrofula and herpes.

Doctor : Dr. Bagliello.

Acquæ-Subreni-Homini.—Italy, on the road from Naples to Pozzuoli.

Saline ferruginous waters, 95° F.

Special indications : Affections of the genital organs, amenorrhœa, anæmia.

Acqui.—Italy, Piedmont, near Alessandria. Population 12,000. Altitude about 450 feet.

Iodide and sulphate of lime waters, 178° F. Muds.

Special indications : Indolent articular affections, local paralysis, rheumatism and sores of an atonic character, and syphilis.

The sojourn at Acqui is not considered particularly agreeable, owing to the dampness of the climate.

Doctor : Dr. Dom. de Alessandri.

Hotels : The *Thermes*, *Grand*, *New Grand*, and *Italia*.

Adelheidsquelle.—Germany, Bavaria, near Tölz.
in the village of Oberheilbrunn.

Bromo-iodurated saline waters, 24° F. 5.93 per cent. mineral constituents.

Special indications : Scrofula, obesity, affections of the bones, goitre, inflammatory affections of the ovary, uterus and eyes.

Doctor : Dr. Grundler.

Adelholzen.—Germany, Bavaria, near Frauenstein.

Bicarbonate of lime waters.

Special indications : Anti-arthritis.

Doctors : Drs. Ellerich and Liegl.

Adelsberg.—Austria, Carniola, near Laybach.

A climatic station in spring and autumn, very charmingly situated.

The town is visited chiefly on account of the "Grotto of Adelsberg," which is without exception the grandest and most remarkable natural excavation in Central Europe. To visit it thoroughly, requires about two hours.

Hotel : The *Adelsberger Hof*.

Adepsos.—Greece, Island of Eubœa.

Thermal sulphurous waters renowned in antiquity, 205° F.

Special indications : Rheumatic gout, ankylosis, paralysis, plethora, &c.

Adorf.—Germany, Saxony, in the circuit of Zwickau.

Three springs; one contains sulphate of soda, and two are saline.

Doctors: D. G. Barelmann, C. A. Heket and Herm Engelhard.

Ægina.—Greece, on Island of Engia, S. of Athens.

Thermal saline waters.

Æschi.—Switzerland, near lake of Thun.

Climatic air station, 3,000 feet high.

Aghaloo.—Ireland, county of Tyrone.

Saline sulphurous waters.

Special indications: Skin diseases. Only used by the residents.

Agnano.—Italy, near Naples, connected by tramway.

Sulpho-aluminous and saline springs, 122° F.

The lake of Agnano contains various springs, which owe their origin to the condensation of steam from the volcanic soil.

The Grotta di Cane, with its emanations, proves, however, a greater attraction to visitors than the waters.

Agon.—France, Department of La Manche, from Paris *via* Coutances.

Seabaths; sandy beach; increasing in popularity.

Aguas-Calientes.—Mexico, State of Zacatecas.

Sulphurous waters, 214° F.

They give rise to the river of Aguas-Calientes.

Aguas de Camangilas.—Mexico, State of Guanajuato.

Sulphurous water, 228° F., only slightly mineralised.

Aguilar del Rio Alhama.—Spain, province of Logrono, near Cervera.

Sulphurous waters; also a ferruginous spring.

Special indications: Skin and syphilitic diseases, and chlorosis and amenorrhœa.

Ahiolo (or Anchialo).—Turkey, about 55 miles from Constantinople, coast of Roumelia, on the Black Sea.

Saline ferruginous waters, 100° F.

Special indications: Abdominal affections, amenorrhœa, scrofula, &c.

Aias.—Turkey, Asia Minor, between Constantinople and Angora.

Sulphurous and cuprous waters.

The spring rises in a valley rich in silver and copper mines.

Aidos.—European Turkey, at the southern base of the Balkans, near the Black Sea.

Saline sulphurous waters, 113° F.

Aigle.—Switzerland, Canton Vaud, between Montreux and Bex, 1,380 feet above sea level.

The waters contain carbonate of magnesia, sulphate of lime, and bicarbonate of potash, as well as pure carbonic acid gas.

The Kurhaus Hôtel is well fitted up and thoroughly comfortable. The scenery is romantic. Within easy drive of Aigle are several places rapidly becoming recognised as health resorts. Among these *Diablerets*, both summer and winter station, with good hotels. *Chateau d'Oex* and *Leysin*, much frequented by consumptive patients. Aigle possesses a beautiful English church.

Doctors : Dr. Mandrin.

Hotel : *Beau-site*, opposite to station.

Aincille.—France, Dept. Lower Pyrenees.

Saline water, containing 135 grammes of salt to the litre.

The mineral constituents are derived from a mass of rock salt.

Ain-nuissy.—Algiers, Province of Oran, arrondissement Mostaganem 48 miles from Atteville.

Strong saline waters, which act as a purgative.

Airthrey.—Scotland, in the neighbourhood of Stirling.

Brine waters; 6 springs.

Special indications : Skin diseases, scrofula.

A fine picturesque town.

Aitora.—Italy, Tuscany, near Monte-Catini.

Sulphurous waters, 55° to 60° F.

Special indications : Used externally in chronic rheumatism, in scrofula, gout, and skin diseases; internally in cases of gravel and vesical catarrh.

Aix-la-Chapelle (Aachen).—Germany, Rhenish-Prussia. Is reached in about 12 hours from London, *via* Calais, Ostende, or Flushing.

Sulphurous alkaline waters, 107° to 212° F.

Special indications : Rheumatism, syphilis, skin diseases, and neuralgia.

Booksellers : Rud. Barth, Holzgraben 8.

English church.

Doctors : Drs. Brandis, Mayer, Beissel, Feibes, Rademaker, Schumacher, Schuster, and Thyssen.

The City of Aix-la-Chapelle is one of the most important balneological centres on the Continent. The waters have a powerful alterative effect, and for chronic and muscular rheumatism act as a most potent remedy. The treatment of syphilis is also made a speciality of in Aachen, and Dr. Bernard Brandis (who has recently retired from practice) has gained great distinction by his researches into the action

of mercurial inunctions in combination with the mineral baths. There are several springs, which differ slightly in analysis, but the principal one is the Kaiserbad Spring, said to have been found by Charlemagne. Springs also rise in the Kaiserbad Hotel, the Neubad Hotel, and the Hotel de la Rose; in all these establishments are well-appointed baths and skilled attendants.

The analysis of the Elisa spring is as follows :—

In 10,000 grames (= 10 litres.)

Chloride of Sodium	28·04	Sulphide of Sodium	0·95
Bromide do.	10·04	Carbonate of Soda	5·52
Iodide do.	0·05	Sulphate do.	2·92

Aachen being a great manufacturing centre, and a flourishing commercial city, the inhabitants are to a great extent guilty of not making the most of the valuable waters, which for ages have assisted to gain for it a reputation as a Spa; in fact it goes somewhat against the grain of those residents whose incomes are derived from commercial pursuits for the city to be frequented by visitors "taking the waters," many of whom come to be cured of syphilis. A letter addressed to the Mayor of Aachen, making application for a book giving the fullest information as to the baths, &c., will receive an immediate reply. At Borcette, in the suburbs of the city, are to be found the hottest springs in Europe (not excepting the Iceland Geysers); they are only slightly sulphurous, and run to waste in fountains in the streets.

Aachen is hardly a lively place for an invalid, but there are pleasant drives around it. It abounds with historical interest. There is a Kurhaus and gardens, in which a band plays during the season, &c., &c., for which privileges visitors are taxed moderately.

The Hotels are good and comfortable—those managed and owned by the Messrs. Dremel, viz. the Nuellen's, Kaiserbad, Neubad, and Grand Monarque, take a high stand; and Mr. Henrions Hotels—Dubigks and Hotel la Rose—are both well-conducted establishments. As the springs rise in the Hotels visitors need not go outside to take the waters. The tariffs of the Hotels are exceedingly moderate. Most of the leading medical men speak fluent English, and are of high professional standing.

A fair number of English visitors may be found all the year round (and especially in summer) at Nuellen's Hotel.

Messrs. Gunn and Cameron, of Dublin, have published an English translation of Dr. Brandis's pamphlet on syphilis, which work has gone through several editions.

Aix-les-Bains.—France, Savoy, 850 feet above the level of the sea; 8 hours from Turin, 4 hours from Lyons, 3 from Geneva, and 2 from Annecy. A steamboat plies on the Rhone between Aix and Lyons. For routes see table.

Thermal sulphurous waters, containing chiefly sulphuretted hydrogen. Temperature from 112° to 114° F.

Season : April to November, but open all the year.

As many as 25,000 strangers annually visit the town.

Special indications : Rheumatism and gout are the diseases most successfully treated at Aix. Local affections dependent on or connected with these, such as sciatica, dyspepsia, cutaneous diseases, are also, with few exceptions, either cured or relieved.

Chronic catarrh of the neck of the womb, amenorrhœa, metritis, syphilis, bronchitis, laryngeal and nasal catarrh, pharyngitis, wounds by fire-arms, the sequelæ of fractures or sprains, form the bulk of cases in which the value of the Aix waters is most generally admitted by medical men.

The town of Aix is picturesquely situated at an altitude of about 800 feet above the sea level, on the lower slopes of the hills which form the base of Mont Revard. It overlooks the romantic lake of Le Bourget, and lies amidst verdant meadows, vineyards and gardens, in which figs, almonds, and even pomegranates grow luxuriantly.

The resident population of the town amounts to some 4,500 inhabitants.

The mean temperature during the season, from April to October, is 70° F.

The thermal establishment is open the whole year round. Dr. MACPHERSON says : "There are probably no sulphur baths in which the arrangements are so complete as in those of Aix."

"The douche," says Dr. Garrod, "forms a very important specialty in the treatment at Aix. It is used in conjunction with hot vapour, with ordinary bathing, and with the waters internally. When a larger amount of sulphur, in the form of sulphate of sodium, is desirable, the cold waters of Marlioz, situated about one mile from Aix, or the Challes water, near Chambery, which contains a large amount not only of sulphur, but also of iodine and bromine, may be employed internally. In gouty affections the Aix treatment has proved most useful in these cases, (1) where the gout has manifested itself in cutaneous eruptions, such as psoriasis or eczema, whether combined or not with joint affections; (2) where much passive swelling and stiffness have remained after attacks of articular gout; (3) in that form of gout which is not connected with portal congestion, and in which other thermal waters, such as those of Wildbad and Teplitz, are usually found beneficial."

Sir A. B. Garrod also says, in the *Lancet* of May 4th, 1889 :—

"That in rheumatoid arthritis (the rheumatic gout of old writers) the value of the Aix-les-Bains course far exceeds, according to my experience, that of any other known spa."

An excellent racecourse has lately been purchased, and races take place in June and July. The course is situated on the Avenue de Marlioz.

Walks and excursions are very varied. The environs being most picturesque, an ample field is given for outdoor amusements. The principal excursions are: Annecy and the lake, les gorges du Fier, la vallée du Fier, la grande chartreuse, la vallée des Beauges, the abbey of Haute-combe, la cascade de Gresy, le moulin de Primes, etc., etc.

Aix possesses a museum with lacustrine collections from the lake of Le Bourget.

Cabs and carriages: one horse, course, 1 fr.; two horses, course, 1½ fr.; by hour, one horse, 2½ fr.; two horses, 3½ fr.; by day and by month as agreed upon.

Post and telegraph office.

English and Scotch church.

Bookseller: H. Bolliet, Place du Marché.

Dentist: Dr. Harwood.

English Asylum.

Doctors: Drs. Davat, Bertier, Vidal, Brachet, Blanc, Legrand, Macé, Petit, Wakefield, Guiland, Chaboud, Folliet, Mc Roë, Mouard, Puittienne, Rendall and H. Cazalis.

Hotels: *De l'Europe, Splendide, Grand, Beau Site, &c.*

Aix.—France, Bouches du Rhone. For routes see table.

Earthy waters, 81° F., useful as a sedative and alterative.

Doctor: Dr. Louzet.

Aizcorri or Bermeja.—Spain, province of Guipuzcoa, near Azpeitia.

Sulphurous saline waters.

No establishment.

Ajaccio.—Corsica. 14 hours by P.L.M. to Marseilles; thence by steamer of the C. G. T. to Ajaccio 15 hours; direct boat from Nice in 10 hours every Saturday. 18,000 inhabitants.

A winter station of great importance. Sea and warm baths all the year round.

Season: For the former, April to November; Winter season, November to end of May.

Special indications: Chest diseases generally; anæmic and chlorotic affections, rheumatism, paralysis, diabetes.

Built at the foot of a sloping hill, the town extends in the form of an amphitheatre, and is well protected from cold northerly and westerly winds. Ajaccio, as a winter health resort, has a great future.

Meteorological observations are as yet deficient. Mean temperature October—April, 57° F. Rainy days, 34. Variations slight, and never rapid. Mean barometric pressure, 775 m/m; death-rate, 26 per thousand; relative humidity of the air, 76%; fogs are scarcely known. There is almost complete absence of dust; atmospheric disturbances occur but seldom; the mean of temperature during the day and throughout the year is very constant, much more so than on the Riviera, from month to month.

The drives and walks in the neighbourhood are beautiful, and the roads well kept. Flowers and shells are found in abundance.

Excellent shops and circulating library.

The water of the Gravona river, brought by aqueduct to the town, gives an abundant supply; the overflow cleanses the drains.

The railway to Bastia, *via Corte*, is now open for traffic.

Guagno, with its celebrated sulphur springs, 128° F., is only 38 miles distant; the famous Orezza springs are 81 miles distant by an excellent road.

The scenery in Corsica is very beautiful and quite unique. From the nature of the soil dust is seldom an annoyance in Ajaccio; while the mountains on the opposite side of the gulf protect the eye from the glare, so often complained of on the Riviera.

Post and Telegraph Office, Cours Napoléon.

English church during winter season; the chaplain is licensed by the Bishop of Gibraltar. The church has been built by Miss Campbell.

Banker and Exchange Office: J. Bozzo-Costa, Quai Roi Jerome.

Chemist: J. Garcin, Rue du Marché.

Bookseller: Peretti, Place du Marché.

Public Library: Library Fesch (with 30,000 volumes), open to the public.

Doctors: Drs. Colonna, Wagner, Malgrin and Trotter.

Hotels: The *Continental Hotel* and *Hotel Belle-Vue*.

Ajnacszkö.—Austria-Hungary, comitat of Gömör.

Alkaline ferruginous waters.

Special indications: Gout, rheumatism, hæmorrhoidal affections, disorders of the urinary and intestinal tracts.

Alahurin el Grande.—Spain, province of Málaga, near Coin.

Ferruginous and cold sulphurous waters.

Special indications: Amenorrhœa, anæmia and chlorosis; laryngeal and pharyngeal affections.

There is an efficient hydropathic establishment.

Alais.—France, department of Gard, near Nismes.

Chalybeate waters.

Special indications: Nervous debility, migraine, anæmia, chlorosis.

Alameda de Cervera.—Spain, province of Ciudad Real, near Almagro.

Acidulous ferruginous waters.

Special indications: Stomachic complaints, neuralgia and chlorosis.

Alange.—Spain, Estremadura, near Merida.

Saline waters, 80° F.

Special indications: One of the most powerful of Spanish waters in cases of rheumatism, paralysis, atonic sores and irregularities of the lower intestines.

Very primitive arrangements.

Doctor: Dr. Hernandez.

Alap, or Felső-Alap and Alső-Alap.—Austria, Hungary, near Stuhlweissenburg.

Acidulous or bitter waters.

Special indications: Irregular functions of the intestinal organs, affections of the mucous membrane, chronic skin diseases and plethora.

Alaraz.—Spain, province of Salamanca, near Peñaranda.

Sulphurous waters.

Special indications: Amenorrhœa, hysteria, migraine, and nervous complaints.

Alassio.—Italy, between Ventimiglia and Genoa, 6,000 inhabitants.

Winter station. Charming and quiet locality.

Special indications: Phthisis in both the early and late stages, scrofula, all lung diseases requiring a mild, dry climate, infantile paralysis and nervous diseases.

In a very sheltered and romantic position, at the foot of wooded mountains. Very fine parks at some of the villas. Little wind and no dust. The town has been visited frequently by members of the Italian Royal family, and General Garibaldi was here cured of his bronchial attacks. There is an English church and several primary schools.

Alassio has the only good sandy beach on the Riviera, and is therefore much sought after by bathers.

Banker and Exchange Office: Walter Congreve, Piazza della Posta.

Doctors: Drs. Dickinson, Nam and Boone.

Hotels: The *Grand Hôtel d'Alassio* and *Hôtel Suisse*.

Albaladejo.—Spain, province of Ciudad Real, near Villanueva.

Bitter waters.

Very primitive arrangements, and only used by the surrounding peasantry.

Albano.—Italy, in the Campagna of Rome. For routes see table.

Ferruginous saline waters, 71° F.

The muds and waters are principally used in cases of rheumatism and old wounds.

Albens.—France, Upper Savoy, on the road from Aix to Annecy.

Effervescing ferruginous waters.

Albisbrunn.—Switzerland, Canton of Zürich, near Hausen; 1,960 feet above sea level.

Hydropathic establishment, milk and whey cure.

A very comfortable and elegant establishment, picturesquely situated.

Near here are the milk and whey cure stations of *Bocken* and *Hutten*.

Doctors: Drs. Brunner, Wagner and Paravicini.

Alcafuche.—Portugal, district of Beira, in the Sierra Estrella.

Sulphurous waters, 100° F.

Special indications: Chronic syphilis and skin diseases.

Alcala del Rey.—Spain, province of La Mancha, Sierra Morena.

Indifferent waters.

Special indications: Debility of the stomach, nervous complaints.

Alcamo.—Sicily, near Palermo.

Sulphurous waters, 176° F.

Alcantud.—Spain, province of Cuenca, near Alcarria.

Saline waters.

Special indications: Constipation and rheumatic paralysis.

These waters enjoy so high a reputation, that notwithstanding invalids having to find accommodation in huts made from branches of trees—no other accommodation existing—they are very much frequented.

Doctor: Dr. Sevillana.

Alceda or Ontaneda.—Spain, near Santander and Riviero. Thence by diligence.

Sulphurous waters, 65 to 70° F., and winter station.

Special indications: Skin diseases and affections of the mucous membrane.

Aldeburgh.—England, Suffolk.

Sea baths, shingly beach; much frequented.

Doctors: Drs. Hele and Wrightson.

Alderney.—Channel Islands, 15 miles from Guernsey.

Sea baths; bad beach.

Doctors: Drs. Munn and Mann.

Alet.—France, Department of Aude. For routes see table.

Bicarbonate of lime waters; sedative to the nervous system.

Doctor: Dr. Gourdon.

Alexandersbad.—Germany, Bavaria, circuit of Upper Main, near Wunsiedel, 1,800 feet above sea level. Population, 143.

Cold chalybeate water; hydropathic establishment and pine baths.

Doctor: Dr. Muller (Munich in winter).

Hotels: Weber, Kurhaus.

Alexandersquelle.—Russia, Caucasus, near Pjätigorsk.

Sulphurous waters, seven springs, varying in temperature from 110 to 165° F. Very abundant supply.

Special indications: Gout, rheumatism, old sores, ankylosis, syphilis.

The situation is extremely picturesque, and the number of visitors have increased considerably of late. Accommodation first-class, but expensive.

Alexisbad.—Germany, Thuringia, in the Duchy of Saxe-Anhalt.
 Ferruginous waters, electro-therapy, hydropathy.
Doctors : Drs. Heusinger and Kothe.
Hotels : *Golden Rose* and *Alexisbaths*.

Alfaro.—Spain, province of Almería, and near this town.
 Sulphurous alkaline waters.
Special indications : Skin diseases and rheumatics.
 The establishment is only partially finished, and the accommodation is scanty.
Doctor : Dr. Serrano y Sanchez.

Algiers.—Africa, capital of French colony of Algiers. For routes see table.

Winter station.

Season from November to end of April.

Special indications : Arthritis, asthma, bronchitis, phthisis.

Owing to the proximity of the Atlas Mountains, the climate of Algiers is warmer and more humid than that of any other Mediterranean station. The mean temperature during winter is 61° F. The mean barometric pressure 762 mm., and the number of rainy days in the year, 87.

Doctors : Drs. Thompson, Gardner, Stevens and Pepper.

Hotels : *de la Régence, d'Orient, Villa Russell, Kirsch* and *Palmiers*.

Algoarta.—Spain, province of Vizcaya, 11 miles from Bilbao.

Sea baths, with fine sandy beach.

Very fine climate, retired and select situation.

Al-Gyögy.—Austria-Hungary, Transylvania, district of Karlsburg.

Alkaline-earthly waters.

Special indications : Chronic catarrh in its various forms.

The establishment is in keeping with the place.

Alhama de Aragon.—Spain, province of Saragossa, district of Atéca. For routes see table.

Sulphurous magnesian and ferruginous waters, 100° F.

Season : Spring and autumn, but open all the year round.

Special indications : Asthma, paralysis, debility of kidneys and bladder, skin diseases, dysmenorrhœa.

The establishment and accommodation can compare favourably with those of many of the most frequented watering-places in Germany and France.

Doctor : Dr. Tomas Parraverde.

Alhama de Granada.—Spain, near Granada and Malaga.

Sulphurous magnesian waters, 110° F. The spring is seven inches in diameter, and contains much sulphuretted hydrogen.

Season : April 15th to October 31st; climate healthy and mild.

Special indications : Intestinal obstructions, affections of the mucous membranes, nervous debility, rheumatism, atonic sores and skin diseases.

The baths were very much frequented under the Saracen rule, the existing old Moorish edifices shewing the importance the baths then had. The Caliph of Granada is said to have received in some years as much as 500,000 ducats of revenue from these baths.

Doctor : Dr. Perales Churt.

Alhama de Murcia.—Spain, 13 m. S.W. of Murcia.

Sulphate of lime waters, 84 to 107° F.

Special indications : Affections of the nervous centres, hemiplegia, palsy, anæmia, chlorosis, constipation, difficult menstruation, pyrosis, uterine affections.

Notwithstanding the length of time these baths have existed and the efficacy of their waters, the accommodation is still of the worst kind.

Doctor : Dr. Fortuni.

Alhama la Seca.—Spain, province of Almeria, near Canjajar.

Acidulous waters, 105° F.

Special indications : Rheumatism, paralysis and skin diseases.

Ali.—Sicily, between Messina and Taormina, on the coast.

Hydrosulphuric waters, 100° F.

Special indications : Sciatica, rheumatic affections and skin diseases.

Frequented chiefly by the inhabitants of Messina.

Alica.—Italy, Tuscany, valley of the Era, on the right bank of the Rignore.

Sulphurous and alkaline waters, 60 to 65° F.

Special indications : Kidney diseases, calculous affections of the urinary system in general, menorrhagia, blennorrhœa, for one spring; rheumatism gout, hysteria and anæmia for the other.

Alicante.—Spain, on the Mediterranean.

Winter station of first importance.

Special indications : Invalids requiring a stimulating climate; also in cases of latent scrofula, asthma and bronchorrhœa, pleuritis, rheumatism and albuminuria.

Mean Winter temperature, 60° F. Air, very dry; rainy days fewer than on the Riviera; mean rainfall, 177^m/_m. The town is well sheltered and the bay open only to southerly winds. No mistral or dust.

Doctor : Dr. Roman.

Alicum.—Spain, on the Fardes, near Guadix, province of Granada.

Saline waters, 90° F.

Special indications : All diseases due to debility and atony, hemiplegia, palsy, neuroses, and scrofula.

Doctor : Dr. Ferrer.

Aliseda.—Spain, in the Sierra Morena, province of Jaen, near Carolina.
Ferruginous waters.

Special indications : Chronic stomachic and kidney affections, chronic diarrhoea, intermittent fevers.

Alkna-Szlatina.—Austria-Hungary, near Szigeth, Capital of Co. Marmaros, on the R. Theiss.

Saline waters, 21 per cent. of salts.

Arrangements somewhat primitive.

If properly managed, this might become one of the most important brine and inhalation bathing-places.

Allegrezza.—Italy, district of Montale.

Alkaline waters.

Special indications : Gravel, vesical catarrh and skin diseases.

Allerheiligen.—Switzerland, Canton of Solothurn, 5 miles from this town; 4,000 feet above sea level.

Carbonate and sulphate of lime waters.

These waters are well suited to nervous individuals; they have a stringent, depurative and tonic action.

Allevard-les-Bains.—France, Department of Isère; 1,400 feet above sea level. Reached *via* Goncelin by omnibus.

Sulphuret of lime waters, 52° F. Inhalation.

Season, 15th May to 1st October.

Special indications : Very efficacious in chronic inflammation of the laryngeal and pharyngeal mucous membrane, in nasal catarrh, syphilis and skin diseases.

Post and Telegraph.

Doctors : Drs. Isoard, Kostens and Niepce fils.

Hotels : The *Hôtels du Louvre* and *de la Planta*.

Allezani.—Corsica, arrondissement of Corte.

Ferruginous bicarbonate waters, containing much carbonic acid gas. Climate treacherous, with sudden changes of temperature.

Alliaz.—Switzerland, near Vevey and Clarens, 3,400 ft. high.

Climatic air station, mild carbonate of lime waters, containing much carbonic acid and sulphuretted hydrogen gas.

Special indications : Chronic gastric catarrh.

Allonby.—England, Cumberland, near Silloth.

Sea baths. The surf being rather heavy, these baths should not be taken by the weak or nervous. Sandy beach.

Allume.—Italy, on the island of Giglio, coast of Tuscany.

Sulpho-ferruginous waters, 68° F.

Special indications : Constipation and chronic skin diseases.

Almagro.—Spain, province of Ciudad-Real, near this town.

Acidulous waters.

No establishment and little used.

Almamezö.—Austria-Hungary, comitat of Bereg-Ujocza; see Zányka.

Several saline-ferruginous springs not yet analysed.

Almas.—Austria-Hungary, comitat of Gran, on the Danube.

Tepid sulphurous waters.

Almeida.—Spain, province of Leon, near Bonar.

Sulphurous-alkaline waters, containing sulphate of iron, 190° F.

Special indications: Gout, rheumatism, paralysis, skin diseases.

Almeria.—Spain, on the south coast.

Winter station, with sulphurous magnesian waters.

Special indications: Rheumatism and paralysis, phthisis, chlorosis, nervous affections.

Mean winter temperature 60° F. One of the most sheltered of winter stations; frost and snow are entirely unknown here, and the temperature rarely falls to 45° F. A clear, dry and calm air characterizes Almeria.

Alnmouth.—England, Northumberland, between Newcastle and Berwick.

Sea baths and sandy beach.

Alova.—Spain, province of Malaga, near the capital.

Sulphurous and bitter waters.

Not frequented.

Alpnacht.—Switzerland, Lake of IV. Cantons, Canton Unterwalden, four miles from Saarnen. See routes in table to Lucerne.

Climatic station; whey and milk cure.

The starting point for diligences for Bernese Oberland. It is situated at the foot of Mount Pilatus, whence extends a beautiful panorama of the surrounding mountains. It is 3½ hours ride over a good mule path to top of mountain.

Hotel: The *Hotel Pilatus*, a clean and comfortable house. Telegraph and telephone office. M. Britschgy, proprietor.

Alsásua.—Spain, province of Navarra, near Vittoria.

Alkaline waters; also a ferruginous spring.

The establishment is small, and, though it has a railway station easy of access, little is done to attract visitors.

Alsö-Sebes.—Austria-Hungary, comitat of Sáros, near Eperies.

Chalybeate springs.

Special indications: Affections of the lymphatic system, scrofula, commencing tuberculosis, catarrh of the respiratory organs, constipation.

Very primitive arrangements.

Altdorf.—Switzerland, capital of Canton Uri, 1,500 feet high.

Climatic air station.

Doctors: Drs. Gisler and Muller.

Altenau.—Germany, Prov. Hanover, in the Harz, near Clausthal, 1,400 feet above sea level.

Climatic air station.

Doctors: Drs. Eckert and Emil Kühn.

Alt Haide.—Germany, Silesia, near Glatz, 1,300 feet above sea-level.

Alkaline waters and climatic air station.

Special indications: Scrofula and chronic affections of the uterus.

Doctors: Drs. Otte and Mouse.

Hotel: The Baths.

Alton-Towers.—England, Staffordshire.

A summer health resort, interesting only for its romantic scenery.

Doctor: Dr. Hall.

Altsohl.—Austria-Hungary, comitat of Sohl, on the left bank of the Gran.

Earthy alkaline ferruginous waters, 50° F. Indifferent arrangements.

Altstaelten.—St. Gall, Switzerland, on the Rorschach Railway.

Health resort.

Near here are the Bains de Kobelwies, near Oberried station, a bathing establishment.

Alt Tura.—Austria-Hungary, comitat of Oberneutra, 3,130 feet above sea level.

Alkaline strongly effervescing waters.

Altwasser.—Germany, Prussia, near Liegnitz, in Silesia, 1,300 feet above the sea level.

Highly effervescent ferruginous waters; mud baths.

Special indications: Anæmia, chlorosis, skin diseases, general debility.

Doctors: Drs. Krackauer and Pohl.

Alum Bay.—England, Isle of Wight.

Sea baths; much frequented. Sea fishing, lawn tennis and golf.

Doctors: Drs. Hands, Hollis, Reilly.

Hotel: Needles.

Alvaneu.—Switzerland, Canton of the Grisons, 11 miles from Coire on the Albula road, 3,150 feet above the level of the sea. For routes see table. See also plan at end.

Sulphurous saline waters, 46° F.; saline chalybeate waters, 51° F., at Tiefenkasten; iodurated chalybeate waters, 57° F., at Solis.

Special indications: Rheumatism, chronic derangements of the digestive organs, chronic catarrh of respiratory and urinary organs.

English Church Service.

Post and Telegraph: In the Kurhaus.

Doctors: Drs. Weber, Balzer, and Plattner.

Hotel: The Kurhaus.

Amalfi.—Italy, on the Mediterranean, 12 m. from Salerno.

A winter health resort which deserves to be better known.

Ambleside.—England, Westmoreland, Lake district.

A summer holiday resort.

Doctors: Drs. Redmayne, Mitchell, and Johnson.

Ambleteuse.—France, department of Pas-de-Calais.

Sea baths; sandy beach.

A very quiet and retired spot.

Amélie-les-Bains.—France, Eastern Pyrenees; 700 feet above the level of the sea. For routes see table.

Sulphurous saline waters, 71° to 172° F., and winter station.

Season: All the year.

Special indications: Herpetic diathesis, and catarrhal affections of the respiratory organs, rheumatism, scrofula, syphilis.

Doctors: Drs. Arnal and Genieys.

Hotels: The Grand Hôtel, des Thermes Romains.

Amlwch.—Wales, Anglesey, near Bull Bay.

Sea baths; sandy beach.

A fine establishment.

Gaseous spring.

Doctors: Drs. G. G. and T. E. Jones.

Ammoniacal, Gas Spring or Grotto del Cane.—Italy, near Naples.

Hot vapour baths

Special indications: Partial paralysis.

Amphion.—France, Upper Savoy, near Evian; 1,310 feet above the sea level.

Cold alkaline ferruginous bicarbonate waters. Hydropathic establishment.

Season: June 15th to October 1st.

Special indications: Debility of the digestive organs, gravel, hypochondriasis.

The establishments are situated in an extensive park, well shaded by large trees. Gymnastic and lawn tennis grounds on a large terrace overlooking the lake. The site and environs are very picturesque, and offer a good choice of excursions. Horses and carriages for hire.

Telegraph and Post.

Doctor : Dr. Dumur.

Hotels : The Grand Hôtel des Bains and Grand Hotel d'Amphion.

Amroth.—Wales, Pembrokeshire.

Sea baths. Pebbly beach.

Amsterdam.—The former capital of Holland. From London by steamer *viâ* Harwich.

On the Amstel, a branch of the Wye, an inlet of the Zuyder Zee. The town is built upon piles driven through from 50 to 60 ft. of peat and sand, and is protected by dykes. The numerous canals, passing between 95 islands, are spanned by nearly 660 bridges. The finest of these is the Hoogsluis, which is 610 ft. long.

PLACES OF INTEREST : Vondel's Park, New Museum, Crystal Palace, which was intended as an Hôtel de Ville; marble sculptures inside; Van den Hoop gallery of paintings; National Gallery in the Trippenhuis; Zoological Gardens; Fodor museum and Van Six gallery; Antiquarian Society's museum; nearly sixty Churches and Chapels of all denominations.

Docks and Royal Naval Wharf; Naval Academy; Koster's diamond cutting establishment; Wynand Focking's Factory for curaçoa and other liqueurs. Opera house. Post-office.

Guide and Interpreter : Sam. Kosman, 52, Warmoes straat.

Doctor : Dr. Davids.

Hotel : Amstel Hotel.

Anacapri.—Italy, Island of Capri.

Sea baths and winter station.

Doctor : Dr. Green.

Anagni.—Italy, near the Pontine marshes.

Bituminous-alkaline-sulphurous waters.

A very unhealthy site. Frequented under the Roman Emperors, but now altogether neglected.

Arcona.—Italy, on the Adriatic, a fortified maritime port, with dockyards.

Sea baths, sandy beach. A very fashionable resort.

Season : July—September.

A second-rate establishment has lately been built. During the season, concerts, morning dances and regattas are among the amusements.

Andabre.—France, Department of Aveyron, near Camarès. For routes, see table.

Effervescing bicarbonate saline, and slightly ferruginous waters.

Special indications : Affections of the liver, gout and gravel.

Doctor : Dr. Martin.

Andeer.—Switzerland, Canton of the Grisons, near Pigneu.

Sulphate of lime waters; whey cure.

Very elegant establishment.

Doctor: Dr. Schmidt.

Andermatt.—Climatic air station, 5,000 feet above the sea level. Station Goeschenen, on the St. Gothard.

Perfect summer climate.

Doctor: Dr. Neukomn.

Andujar.—Spain, province of Jaen.

Hydrosulphuric water; also an acidulous-alkaline spring.

Special indications: Skin diseases, syphilis, &c.

Anguillara.—Italy, Tuscany, near Lago Sabatino.

Bitter waters, 70° F.

Special indications: Paresis; hemiplegia resulting from rheumatism; kidney affections, pyelitis, blenorrhœa and intestinal debility.

Annecy.—France, Upper Savoy, on the lake of Annecy, 20 miles by rail from Aix-les-Bains; 1,460 feet above the sea level; 12,000 inhabitants.

Climatic station; baths in the lake.

Annemasse.—Swiss health resort, near Geneva.

Annweiler.—Germany, Bavaria, Palatinate, near Landau.

Climatic air station, grape cure.

Doctors: Drs. Gauch and Geiss.

Antequera.—Spain, province of Málaga, near Estepona.

Acidulous waters.

Special indications: Calculus, obstructions, amenorrhœa and intermittens.

Antibes.—France, on the Riviera, between Cannes and Nice.

Winter resort, but little frequented; visitors stay more at the Cap d'Antibes; see this.

Antogast.—Germany, Duchy of Baden.

Ferruginous bicarbonate waters, containing arsenic; used in the country only as table waters.

Doctor: Dr. Schneyder.

Apenrade.—Germany, Schleswig, North of Flensburg

Sea baths.

Doctors: Drs. Wiemer, Butzbach, Kunth, and Van Fischer-Benson.

Apollinaris.—Germany, Rhenish-Prussia; in the valley of the Ahr, near Remagen.

Effervescing Alkaline table-water of peculiarly agreeable flavour and absolute purity: digestive and anti-lithic.

The *British Medical Journal* has described Apollinaris as "The Queen of Table Waters."

The water is slightly impregnated with alkaline carbonates. Dietetically, it is especially recommended for dyspeptic, gouty and rheumatic subjects. It is drawn from a deep rocky source (at a depth of 50 feet), and the bottled water contains exactly the same amount of carbonic acid gas as the water at that depth. It is absolutely pure: and this, together with its agreeable and refreshing qualities, have given to it a world-wide reputation as a table-water for daily use.

The continued increase in the annual consumption of this favourite table water is most remarkable. The Apollinaris Company of London undertook the export of the water in 1874, and the filling at the Apollinaris spring, which in 1888 amounted to 12,720,000 bottles, and in 1889 to 15,822,000 bottles, is now estimated at 18,000,000 bottles per annum.

Appenzell.—Switzerland, capital of the Canton of same name, near Sitten; 2,538 feet above the sea-level.

Whey-cure station of first importance.

Doctors: Drs. Broger and Roemer.

Appledore.—England, West Devon.

Sea baths.

Good surf and bathing appliances.

Doctors: Drs. Pratt and Slater.

Aramayona.—Spain, province of Aláva, district of Vitoria.

Sulphate of lime waters.

Special indications: Chronic skin diseases, bronchial ophthalmia, mercurialism, leucorrhœa.

The establishment and accommodation are modern and very good.

Doctor: Dr. Guedea.

Aranjuez.—Spain, near Toledo.

Acidulous, bitter waters, containing a large quantity of sulphate of soda.

Special indications: Impairment of the bilious and digestive secretions, catarrh of the intestines, chronic liver complaints, pain in the kidneys, gravel and calculus, ophthalmia.

Aranzarre.—Spain, province of Guipuzcoa.

Sulphate of lime waters, with sedative properties.

Arapataka (Lindorf).—Austria, Transylvania, comitat of Ober Albat, 20 k. from Kronstadt.

Mixed bicarbonate waters.

Arbon.—Switzerland, Canton Thurgovie.

Sulphurous waters.

Doctors: Drs. Fritschi and Kraft.

Arborme.—France, Department of Gironde, Arrondissement of Frontiers.
Saline waters, 53° F.

Arc.—Sweden, Jemtland, 1,240 feet altitude.
Climatic air station, much frequented by tourists.

Arcachon.—France, Department of Gironde, 34 miles from Bordeaux.
Population 10,000. For routes see table.

Winter station, also summer station, with sea baths.

Special indications: For invalids requiring a sedative air; for delicate, lymphatic and anæmic persons; nervous complaints; chest and lung affections.

Situated amongst pine forests of great extent, estimated at 10,000 acres. The Town is divided in two parts, the Summer town noted for its sea bathing, and the Winter town among the pines. The average winter temperature is 49°. The number of visitors during the summer reaches 40,000.

Doctors: Drs. Hameau Festal and Salisque.

Hotels: *Hôtel de France, Royal, Grand, de la Forêt des Pines.*

Archena.—Spain, province of Murcia, near Inicia on the Segura. Altitude 500 feet.

Sulphurous and saline waters, 124° F. Steam baths.

Special indications: Syphilitic and scrofulous affections.

Very excellent accommodation. The number of visitors is about 7,000.

The water is considered to act as a stimulant on the skin and genital organs, and may, it is said, induce actual congestion of the lungs and uterus.

Doctors: Drs. Zabala and Velasco.

Hotel: *Fonda del Ré.*

Arcidosso.—Italy, Tuscany, near Grosseto.

Bicarbonate ferruginous waters, 45° to 55° F.

Arco.—Austria, Southern Tyrol, above the Garda Lake, four miles from Riva.

Season, May to September.

Small rainfall, dry atmosphere.

The method of treatment by compressed air is here adopted.

Doctors: Drs. Althamner, Schider and Schreiber.

Hotel: *Kurhaus Arco.*

Arcs (Les).—France, Department of Var.

Ferruginous waters.

Ardales.—See CARRATRACA.

Ardrossan.—Scotland, Ayrshire, Firth of Clyde.

Sea baths.

The air is bracing, but sometimes very humid.

Arechavaleta.—Spain, province of Guipuzcoa, 18 miles from Zumarraga.

Sulphurous waters, 70° F. Stimulating and diuretic action.

Special indications: Scrofula, herpetic affections, fluor albus.

The establishment is moderately complete; the accommodation is good and moderate in price; the environs are romantic.

Doctor: Dr. Breñosa.

Aregos.—Portugal, province of Beira.

Sulphurous waters, 150° F.

Doctors: Drs. Allan Crawford, &c.

Arenas (Las).—Spain, province of Vizcaya, near Bilbao.

Sea baths. Very fine sandy beach.

The establishment is very fine, and contains concert, ball, library and billiard rooms.

The scenery is very fine.

Arendsee.—Germany, Prussia, province of Brandenburg, near Salzwedel.

Hydropathic establishment and climatic air station.

The surrounding country is covered with fir and beech woods.

Doctors: Drs. Reip, Haach and Veit.

Arenosillo.—Spain, province of Cordova, near Montoro.

Chloride and sulphate of sodium waters, 54° F.

Special indications: Scrofula and skin diseases.

The establishment and accommodation are inadequate and antiquated.

Doctor: Dr. Reguera.

Arenzano.—Italy, one hour from Genoa, on the Riviera di Ponente.

Winter station, beginning to attract visitors.

Cogoleto, the birthplace of Christopher Columbus, is close by. Very agreeable promenades and drives in the neighbourhood.

Argeles-Gazost.—France, Department of Hautes Pyrenees. Train from Lourdes to Pierrefitte.

Sulphurous, bromo-inodurated waters.

Special indications: Diseases of the respiratory organs, phthisis, scrofula, and skin diseases generally.

Season: April to November.

Doctors: Drs. Labit and Blondin.

Hotels: de France and Parc.

Argentières.—France, Department of Allier, Arrondissement Montluçon.

Bicarbonate of soda water.

Argentona.—Spain, province of Barcelona, near Mataró.

Acidulous ferruginous waters, 45° F.

Special indications: Gastralgia, dyspepsia, urinary and abdominal obstructions.

The establishment is antiquated, accommodation cheap, but inferior.

Doctor: Dr. Barrols.

Ariño.—Spain, province of Teruel, near Alcañiz.

Tepid sulphurous waters.

There is no establishment.

Ar lanc.—France, Department of Puy-du-Dôme, Arrondissement of Ambert.

Ferruginous bicarbonate waters, containing 0·025 silicate.

Armajolo.—Italy, Tuscany, near Siena.

Sulphate and carbonate of lime waters.

Special indications: Affections of the kidneys and urinary system, gravel.

Arnedillo.—Spain, province of Logroño; 1,000 feet above the sea-level.

Saline waters, 128° F.; natural steam baths.

Special indications: Rheumatism, syphilis and affections of the urinary system.

The establishment and accommodation are good and moderate in price.

Doctor: Dr. Martinez.

Arnside.—England, Westmoreland, on Morecambe Bay.

Sea baths, sandy beach.

Arnsdorf.—Germany, Upper Silesia, near Warmbrunn.

Climatic air station.

Charmingly situated, and frequented by visitors who are not over-exacting as regards accommodation.

Doctors: Drs. Eisner and Ertelt.

Arnstadt.—Germany, province of Saxony, near Erfurt, on the Gera.

Saline waters.

Special indications: Scrofulous diseases.

Doctors: Drs. Oswald, Bandler, Deahner and Wagner.

Arosa.—Switzerland: Grisons.

A mountain air station, four hours' walk on the hills from Davos Platz, five hours' by diligence from Coire. Open summer and winter.

Doctor: Dr. Egger.

Arp.—Switzerland, Canton Valais, 2½ hours from Loèche-les-Bains.

Strong sulphurous waters.

Special indications: Skin diseases.

Arpad.—Hungary, Slavonia.

Saline and purgative waters.

Arromanches.—France, Department of Calvados ; from Paris *via* Bayeux.

Sea baths, sandy beach.

Artejo.—Spain, Galicia, near Coruña.

Sulpho-saline waters, 90° F.

Special indications : Scrofula, caries, gout, rheumatism.

The situation is charming, but the waters are scanty.

The establishment and accommodation are good, and prices not too high.

Doctors : Dr. Mayoral.

Artern.—Germany, Prussia, province of Saxony, near Merseburg.

Saline waters.

No amusements are offered here, and the place is therefore visited only by invalids.

Hotel : *Kurhaus*.

Doctors : Drs. Brehme, Karillska and Muller.

Arzilhe.—Switzerland, near Berne. 1,600 feet above the sea level.

Thermal saline sulphurous waters.

Special indications : Skin disease.

Asciano.—Italy, Tuscany, near Pisa.

Sulphate of lime waters.

Special indications : Affections of the urinary system, lithiasis, catarrh of stomach and intestines.

Ascoli.—Italy, in the Marches.

Saline-sulpho-ferruginous waters, 90° F.

Special indications : Affections of the urinary system.

Very primitive arrangements, used only by the inhabitants.

Ashby-de-la-Zouch.—England, Leicestershire, 14 m. from Derby.

Cold saline waters.

Season : From 1st June till 1st October.

Special indications : Scrofulous affections.

Doctors : Drs. Orchard, Stables, and Williams.

Asinalunga.—Italy, Tuscany, Val d'Orcia.

Ferruginous waters.

Special indications : Leucorrhœa, affections of the urinary system, spleen, and liver.

Asnelles-sur-Mer.—France, Department of Calvados, from Paris *via* Bayeux.

Sea baths, sandy beach.

Aspio.—Italy, province of Ancona, one hour from Ancona.

Ferruginous alkaline waters.

Special indications : Affections of the liver, scrofulous and glandular diseases.

Little known and used only by the inhabitants.

Assmannshausen.—Germany, Nassau, in the Rhinegau.

Saline and alkaline waters, combined with lithia.

Hydropathic establishment.

Special indications : Rheumatism and affections of the urinary system and nervous centres, gout and the uric acid diathesis.

This resort is rapidly growing in popularity, more particularly with the Germans.

Doctor : Dr. Badt.

Hotels : Kurhaus, Anchor.

Astillero (El).—Spain, province of Santander, and $1\frac{1}{2}$ miles from this town.

Sea baths, small beach, and more visited on account of its bracing and exhilarating air. There is also an effervescent ferruginous spring.

The site is very charming, and excursions in endless variety abound. Sojourn agreeable and moderate in price. Frequented by upwards of 1,500 visitors in the season.

Astrakhan.—Russia, on the Caspian Sea.

Mud baths, containing saline and bituminous substances.

Special indications : Scrofula, rheumatism and paralysis.

Astroni.—Italy, half-hour from S. Germano.

Thermal sulphurous waters.

Owing to its very unhealthy site, this station has been abandoned.

Athimonus.—Ireland, County of Leitrim.

Strong sulphurous waters.

Special indications : Rheumatism, paralysis

The establishment is comfortable.

Athlone Waters.—Ireland, County of Roscommon.

Cold ferruginous waters.

Only used internally by residents.

Attisholz.—Switzerland, one hour from Solothurn.

Alkaline waters, 60° F.

Special indications : Gout, rheumatism, chronic diarrhœa.

Doctor ; Dr. Bolt.

Atya.—Austria-Hungary, comitat of Weissenburg.

Earthy alkaline waters.

The springs form two lakes.

Audinac.—France, Department of Arriège, near St. Giron.

Sulphate of lime and ferruginous waters, 86° F.

Special indications : Diseases of the vesical and digestive organs.

Auf de Waid.—Switzerland, St. Gall.

Hydropathic station.

Near here is Ober Waid, a summer air station.

Auerbach.—Germany, Hesse, half an hour from Darmstadt.

Chalybeate waters; more frequented as a summer health resort.

Special indications: Anæmia, atony, and in general all affections requiring ferruginous treatment.

Doctors: Drs. Borchardt and Kraushopf.

Augnat.—France, Department of Puy-de-Dôme, near Isoire.

Ferruginous bicarbonate waters.

Special indications: Anæmia, enlargement of the liver and spleen, and gravel.

Augustusbad.—Germany, Kingdom of Saxony, near Raveberg.

One saline and six bicarbonate chalybeate springs.

Doctors: Jul. Meyer.

Hotels: Palais, Thal.

Aulus.—France, Arrière, near St. Giron. For routes see table.

Alkaline waters, 48° F.

Special indications: Purgative, laxative and diuretic action, according to the dose; in diseases of the liver, in arthritic affections, and in syphilis.

Doctor: Dr. Alrig.

Aussee.—Austria, Styria, 7 hours' journey from Vienna. 2,080 feet above the sea level. For routes see table.

Saline waters and climatic station.

Season: 15th May to October 10th.

Dr. Schreiber's Alpenheim. A very elegant establishment, with a sanatorium, offering good accommodation. Hydropathic treatment, massage, and gymnastics.

The situation is most picturesque, and numerous excursions may be made in the neighbourhood. Good fishing can be obtained in the adjacent river.

Doctors: Drs. Schreiber and Veth.

Auteuil.—France, suburb of Paris.

Cold non-effervescing ferruginous waters, which are difficult of digestion.

Availles or Abrac.—France, Department of Charente, near Conjaters.

Saline waters.

Special indications: Intermittent fever and atonic diseases.

Avesne.—France, Herault, Arrondissement of Lodève, near Montpellier.

Mixed bicarbonate waters, 65° F., sedative and tonic.

Special indications: Cutaneous affections.

Aviles.—Spain, province of Oviedo, and 20 miles from this town.

Sea baths and climatic summer station.

The sojourn is agreeable, and the surrounding country abounds in very interesting excursions.

Axenfels.—Switzerland, Lake of Lucerne, Canton of Schwyz, 2,300 feet above the sea level. For routes see table to Lucerne; thence by rail or boat to Brunnen.

Climatic station; mineral waters of all the best known springs; milk and whey cure.

Axenfels is beautifully situated and well sheltered. The views from the hotel and gardens are very fine, embracing the lake and mountains and glaciers. The excursions are numerous and well worth making. Carriages can be had in the hotel.

Doctor : Dr. Schelbert.

Hotel : *Grand Hôtel Axenfels*.

Ax.—France, Department of Ariège, Arrondissement of Foix, near Tarascon. For routes see table.

Sulphurous waters.

The sulphurous elements appear here, as at Luchon, in the form of sulph-hydrates. There exists a great similarity between the two waters. There are more than 60 springs, with a temperature varying from 54 to 200° F.

Special indications : Rheumatism, especially chronic, scrofula, affections of the skin in atonic and inveterate forms.

Doctor : Dr. Garrigon.

Axenstein.—Switzerland, Canton of Schwyz, Lake of Lucerne, 2,500 feet above the sea level. For routes see table to Lucerne; thence by Gotthard railway, or by boat to Brunnen; from Brunnen by omnibus 50 minutes.

Climatic station; milk and whey cure. Mild, yet bracing Alpine air; well sheltered from winds.

Season : May 15th to October.

This establishment is situated in a most picturesque country near the small village of Morschach. An extensive and beautifully planted park surrounds it, with pine and fir trees, which contribute very largely to the health-giving properties of the air. Queen Victoria said of this place: "Axenstein is the finest place I have seen during my Swiss tour." The excursions are very varied and interesting. Two villas situated in the park contain morning, card and billiard rooms, verandahs and baths. Telegraph and post-office in the hotel. English church in one of the villas.

Doctor : Dr. Schoenbaechler.

Hotel : *Grand Hôtel Axenstein*.

Azaraque.—Spain, province of Albacete, near Hellin.

Sulphurous waters.

No establishment, and waters only used in a primitive manner.

Baassen.—Hungary, near Temesvar and Mediah.

Saline bromo-iodurated waters, 50° F.

Season : July, August.

Special indications : Chronic rheumatism, scrofula, disorders of uterus and ovary, syphilitic affections of the bones and tissues.

Very picturesquely situated; a quiet but agreeable place.

Doctor : Dr. Schwarz.

Babilafuente.—Spain, province of Salamanca, near Peñaranda.

Alkaline waters.

Special indications : Vesical and biliary calculus, gravel.

Baccanella.—Italy, Tuscany, near Alita and Pondera.

Sulpho-ferruginous waters, 50° F.

Special indications : Chronic sores and skin affections.

Baczuch.—Hungary, comitat of Sohl.

Cold ferruginous waters.

Not much comfort; the town is but little visited.

Baden.—Lower Austria, 1 hour from Vienna; altitude 700 feet. Population 5,564. Number of visitors nearly 20,000. For routes see table.

Sulphurous waters, 82° to 95° F.

Special indications : Rheumatism, gout, anæmia, scrofula, more especially of a sub-acute character.

There are 13 springs containing sulphuretted hydrogen and much chloride of sodium. In many instances the springs rise in the hotels. Fine kurhaus, with good band. Good swimming baths.

Doctors : Drs. Barth, von Mühlleitner, J. Schwarz.

Hotels : *Hôtel de la Ville de Vienne*, *Green Tree*.

Baden.—Switzerland, near Zurich; altitude 1,200 feet. Population 3,500. For routes see table.

Sulphurous waters, 119° F.

Special indications : Neuroses, gout, uterine and vesical catarrh, induration of the thymus gland, scrofula and rheumatism.

Doctors : Drs. Minnich, von Schmid, Borsinger.

Hotels : *Bauhof*, *Linde* and *Telegraph*.

Baden-Baden.—Germany, Grand Duchy of Baden, 650 feet above sea level; 17,000 inhabitants. Reached from London in 18 hours *via* Paris, and in 20 hours *via* Ostende, or Calais, *via* Brussels, Strassburg and Appenweir. It is necessary for all passengers to change at Oos junction.

Alkaline chloride of sodium waters, varying in temperature from 124° to 150° F.; the analysis of which may be briefly given as follows: They contain chloride of sodium in large quantity, chloride of potassium, bicarbonate of lime, sulphate of lime, and silica in appreciable amount; more chloride of lithium than any other known mineral water; also arseniate of lime, protoxide of iron, and free carbonic acid gas, in

addition to manganese, strontia, magnesia, bromine, and other salts of elements. For the cure of the uric acid diathesis, gout, catarrhal affections of the throat and larynx, dyspepsia, chronic catarrh of the stomach and intestines, and bladder diseases, the waters of Baden-Baden still stand unrivalled. The congested state of the *primæ viæ*, which in those who live luxurious lives is often the foundation for the development of serious and fatal internal diseases, is rapidly relieved by a course of the Baden waters.

There are four principal springs: The "Source Principale," the "Fett-quelle," the "Butten-quelle," and the "Men-quelle." The Fett-quelle is the warmest, and the Butten-quelle the coolest, being about 124° F.

In no city in the world has greater skill, taste, and ingenuity been displayed in the development of baths and their accessories than at Baden-Baden. Added to this, the exhaustive manner in which the amusement of the visitors is catered for is a marked feature of the city. The world-renowned Fredericksbad is a marvel of perfection. It contains in their most perfect form baths of every description, to detail which would take up more space than we could afford to give. There are inhalation rooms and douches of every conceivable variety, and one of the greatest features of the establishment is the Zander gymnasium, which is duplicated for females, where every kind of machine connected with mechanical massage and active and passive motion of the joints is in full working order. The Kaiserin Augustabad (called after the late Empress) is an establishment devoted entirely to the treatment of ladies. The Landerbad is built for the poor, who, after obtaining letters of recommendation, can be boarded and medically treated in the establishment for a few shillings weekly. Hydropathy, medical gymnastics and pneumatics all flourish at Baden-Baden to such an extent as to earn for it the appellation of "facile princeps." In addition to public bathing establishments there are one or two private institutions here which cannot be passed by unnoticed. "Quisquis-ana," the celebrated private sanatorium for ladies, established by Dr. Baumgartner, who possesses a British M.D., is at once a triumph of organization, sanitation, and medical skill; every English physician going to Baden-Baden should visit it. In addition to this, Dr. Ziller has a similar institution known as Villa Bertha; and Dr. Emmerich has a private infirmary for morphiomaniacs, and Dr. Schliep has a medico-pneumatic establishment. Baths can be had at several of the best hotels but visitors are advised to go to the bath-houses for their baths.

The climate of Baden-Baden is mild, owing to the warm springs on the one hand, and the sheltered position of the city on the other; this fact brings many visitors during the winter. The average temperature for several years during the month of February shewed it to be warmer than Meran, and but little cooler than Venice or Vevey. The height of the season is late August. The season proper is from April to November, but the baths are open all the year.

One of the attractions to bathers at Baden-Baden is that there are private Russian and Turkish baths.

The Medical Director of the Baths, as appointed by the Government, is Dr. Heilighenthal; all the other established physicians assist.

Baden Baden is a resort for idlers, pleasure-seekers and patients from all parts of the world, and can be recommended as a winter station. Its springs were known and used by the ancient Romans.

The centre of Kur-life in the morning is "The Trinkhalle." Visitors and patients come here between 6.30 and 7.30 a.m. to take the waters, promenading in the intervals in the gardens and listening to the band.

The frescoes with which the Trinkhalle is ornamented represent legends of the Black Forest.

The most popular rendezvous, however, is the "**Conversationshaus.**" Concerts three times daily are held in the small pagoda in front. The Conversationshaus includes assembly rooms of immense size, reading rooms, coffee and billiard rooms and a restaurant. The theatre and suite of apartments for assemblies and balls are magnificently furnished, and are close by.

Among the amusements may be mentioned good trout fishing and shooting, grand concerts by an orchestra of 52 performers, symphonic and quartette *soirées*, special concerts by the best known artists. Balls, *réunions*, children's balls, military concerts, operas and comedies, with artists of world-wide celebrity, fireworks and illuminations. Large lawn tennis grounds; croquet on the Lichtenthal Avenue. Picture gallery, containing works of great interest.

There has recently been established at Baden-Baden a club or *cercle*, which visitors are invited to join. It is open alike to ladies and gentlemen. Members are balloted for, in order to keep it as select as possible, and an application to the Cure-house Director, for admission, is given every attention to. There are also *battues* organized for shooting game, deer, pheasants, partridges, quails, hare, wild fowl, &c., and fishing tickets for preserved waters can be purchased from the Cure Committee.

The gardens and promenades are all admirably kept, and very beautiful.

Visitors to Baden-Baden requiring fuller information than the limits of this work can give should write to the Cure Committee for copies of the following works, which will be duly forwarded for a nominal fee:—"Zur Freundlichen Erinnerung an Baden-Baden," an exhaustive pictorial guide in German, English and French. "Die Apparate für Mechanische Heilgymnastik und Oeren Anwendung ein Grossheezogl, Friedrichsbade, in Baden-Baden," by Dr. Heiligenthal; also by the same author, "Les Bains-Frederic à Baden-Baden," and "Thermes Ressources Curatives et Etablissements Thermaux de Baden-Baden." Also "Das Kaiserin Augusta-Bad in Baden-Baden," by Dr. W. Haape, published by Ernst Kölblin, 1893. Provided with these works, together with the current literature which will also be enclosed, those visiting this city will require no further information than that afforded by personal inspection.

The amount of mineral ingredients varies for the several springs from 22 to 30 parts in 10,000. The quantity of water supplied in 24 hours by all the springs combined is about a million litres. Of this the main shaft spring supplies one-half. According to the analysis by Dr. Bunsen, of Heidelberg, in 1881, this spring is remarkable for the unusually **high percentage of arsenic and lithium** which it contains.

The racecourse at Iffezheim, at a short distance from Baden-Baden, is one of the best, if not the very best in Europe. At the end of August the races bring together the *élite* of the German and Austrian aristocracy. They are, perhaps, the best races in Germany or Austria. The Excursions are very varied and interesting. Amongst those at short distances may be mentioned: The old and new Schloss, whence on clear days the spire of the Cathedral of Strasburg is visible; ruins of Eberstein Castle, the Favorite, and the Hermitage. Farther off are the falls of Allerheligen, Eberstein, the Murg valley, Forbach, Raumünzach, Gernsbach Rothenfels, Kuppenheim, Wildbad, Griesbach, Wolfach, Petersthal, &c.

The educational establishments of Baden are of the highest order. The prices being everywhere fixed by Government, it is scarcely necessary to bargain for anything, the traveller being well protected against extortion.

English church: Rev. S. A. White, Langestrass 33.

Post Offices and Telegraph: Sophienstrasse and Langestrass, near the station.

Telegraph: Station.

Banker and Exchange Offices: F. C. Joerger, F. Funck, H. T. Hermann, F. S. Meyer, Meyer & Diss, Müller, E. Strohmeyer, G. Kirchberger, Nicolai & Co.

Bookseller: E. Bach (Sommermeyer), Marx. Spies. Wiid.

Doctors: Drs. Apfel, Baumgartner, Berberich, Brandis, Burger, Dreyfus, Dublin, Frey, Gilbert, Heiligenthal, R. Heiligenthal, Hoffmann, Katzenberger, Knecht, Krieg, Langsdorff, Obermüller, Oefinger, Oster, Schindler, Schliep,

Schmid, *Schneider*, Seelos, Spengler, Stiege, Suchier, Vermeil (see advt. at end).

Hotels: The *Hôtel Victoria*. First-class hotel. Excellent position, opposite the new General Post Office, on the new Promenade, nearest the Conversation House and new Frederic and Augusta Baths, with charming view, splendid public rooms and bath rooms. F. Grosholz, proprietor. (See advt. at end.)

Hotel d'Angleterre: First-class hotel, newly decorated and under new management. Proprietor, Mathilde Lydtin-Riolte. (See advt. at end.)

Hotel Badischerhof, Cour de Bade: First-class house in good situation. (See advt. at end.)

Among many others are the *Hôtel de Russie*, *Stephanie*, *Messmer*, *de France*, *Holland*, *de l'Europe*, *National*, *Minerva*, *Belle Vue*, &c. Smaller hotels, *Trois Rois* and *Muller's*.

Badenweiler.—Germany, Grand Duchy of Baden, in the southern parts of the Black Forest, near Freiburg in Baden; 1,300 feet above the sea level. For routes see table. Midway between Freiburg and Basle.

Warm earthy waters, 40° to 43° F. A celebrated climatic station. Surrounded by pine forests.

Special indications: Diseases of the chest, chronic affections of the lungs, throat and "air pipe"; catarrhal affections, convalescence after illness, female diseases, neuralgias, and rheumatism; cases where the constitution has "run down" from overwork, nervous debility, neurasthenia hypochondria, hyposthenia.

The establishment is very elegantly fitted up with marble basins, open swimming baths, douches, and single baths. Cows', goats', and donkeys' milk, whey cure, and all mineral waters may be obtained.

Large, well-kept and shaded park, with the ruins of an old Roman bath in good preservation; good promenades through the pine forests; excellent facilities for excursions, ascent of the Hochblauen, 3,550 feet high, with a superb view of the Alps, Jura, Vosges, and Valley of the Rhine, &c. Large reading-room in the Casino.

Badenweiler is a straggling village most picturesquely situated upon a hill, surrounding which are small mountains of varying and higher altitudes. The great characteristic of the place, apart from its lovely position, is its peaceful and quiet surroundings. As a bathing place, it has maintained a reputation which has clung to it for many years, and during the season (summer) there is always a goodly number of visitors at the hotels and boarding houses, not a few of which are English. The marble bath of Badenweiler is perhaps the finest one of the kind in the world, and the private bath rooms are clean and comfortably

arranged. The waters possess no chemical ingredients worthy of mention; notwithstanding this, it is claimed that they have certain properties which in some manner (however mysterious) have a decided tendency to invigorate the nervous system, and impart tone thereto. Temperature of the waters, 80° F. The analysis is as follows:—Bicarbonate of lime, 1.58; bicarbonate of magnesia, 0.30; chloride of lithia, 0.04; sulphate of soda, 0.80; sulphate of lime, 0.17. Gaseous constituents: nitrogen, 85; oxygen, 8.5; carbonic acid, 6.7. Its elevated position makes it a favourable *locale* for chest affections, and emphysematous and asthmatic cases usually improve here. The surrounding scenery is lovely. The village is nearly an hour's drive from the railway station, which to many is a recommendation. The favourite Hotel for English visitors is the Hotel Sommer, kept by one of the brothers Sommer, who owns the Zaringerhof at Freiburg. Here the *cuisine* is made a special feature, and nothing is wanting calculated to further the comfort of visitors. The Roemerbad Hotel, kept by Messrs. Yoner, with its dependence, is also a first-rate establishment. In addition to these Hotels there are a number of Pensions, amongst which the Pension Saupe is as popular as any. There is a Kurhaus, where a *table d'hôte* is served. The Hotel charges are exceedingly moderate. There is a Kurtaxe of 20 marks for the season. There are five medical men. Dr. F. Neumann, who speaks fluent English, is a great favourite amongst English residents. He is at the head of the bathing establishment, and holds a Government appointment as Director of the Baths. There are also Drs. Thomas, Kollmann, Leister and Frankel.

Apothecary : Mr. Steinhofer.

Bookseller : Mr. Schmidt.

The Kurpark is most tastefully laid out. The ruins of an ancient castle are in a lovely situation, and frequently visited. There is an English Church.

Badenweiler is eminently fitted as a residence for those who wish to save themselves from the "hurly-burly" of life. Authors come here to write, artists to paint, musicians to compose, and invalids to rest. It deserves to be better known in this country, then it would become more crowded—and, perhaps, thus lose one of its sweetest charms.

Readers are referred to the map of the Black Forest (at end), which gives an excellent idea of the position of Badenweiler and other important bathing centres in the immediate neighbourhood, such as Wildbad, Freudenstadt, St. Blasien, Fryberg, &c.

The amusements are varied; there are daily concerts, theatre, &c. Very comfortable hotels, villas, and private apartments. English Church. Post and telegraph station.

Cabs and carriages by the hour and day.

Doctors : Drs. Frankel, Ludio Leiser, Fr. Neumann, and Jul Neumann.

Hotels : *Hôtel Sommer*, same proprietor as *Hôtel Zaehringenhof* in Freiburg ; the *Römerbad*, Yoner Brothers proprietors, excellent first-class houses. (*See* advt. at end.)

The *Pension Saupe* ; first-class house. (*See* advt. at end.)

Bagnaccio di Colombajo.—Italy, Tuscany, district of Nievole, near Valagli.

Sulphurous ferruginous waters, 62° F.

Bagni-a-Baccanella.—Italy, Tuscany, Val d'Agra, on the Arno.

Alkali-saline waters.

Special indications : Disorders of the digestive and urinary system.

Bagnères de Bigorre.—France, Department of Hautes Pyrénées, near Tarbes ; 1,750 feet above sea level ; 12,000 inhabitants. For routes see table.

Saline, sulphurous, ferruginous and arsenical waters, varying in temperature from 72° to 120° F. ; upwards of 50 springs ; thoroughly good establishments. There is a cold sulphurous spring at Labassère, the waters of which are largely exported.

A winter station.

Season : June to September, especially for the baths. November till May as winter residence, but baths may be taken all the year round.

Number of visitors, 23,000 to 25,000 annually.

Special indications : Owing to the complex character of the waters and the mildness of the climate, the therapeutic indications are very varied. The waters enjoy a high reputation in cases of tuberculosis and affections of the respiratory organs, in affections of the intestines and urinary system, in plethora abdominalis, anæmia, chlorosis, and various female disorders.

The Labassère spring having lately been acquired by the Company, will add considerably to the therapeutic resources of Bagnères de Bigorre, as it is one of the most powerful cold sulphurous springs of the Pyrenees.

The town is situated in a valley, open to the north and south ; east and west it is sheltered by a range of hills. The climate is very mild and humid, but bracing, owing to the high elevation. Mean temperature during the seven winter months, 46·5° F. ; mean barometric pressure 752 mm. ; mean rainfall, 4·278 inches a month in winter ; rainy days, 147 ; sunny days 123 in the year.

The environs are very attractive, and walks and excursions are abundant, the latter being highly interesting. The town is within five hours of the Pic du Midi, where the highest meteorological observatory in Europe stands. The **Casino**, a very elegant building, is in an extensive park, and contains a theatre, ball, concert, assembly, billiard and smoking rooms. Concerts daily

English church : Rev. T. Grundy.

Post and Telegraph Office : Place de Strasbourg.

Bookseller : Léon Péré, Place de Strasbourg, No. 7.

Doctors : Drs. Bagnell, De Lagarde, Grenier, and Middleton.

Hotel : The *Hôtel de Paris*. Madame Vve. Nogues, proprietress.

Bagneres de Luchon.—*See* LUCHON.

Bagnet (Le).—France, Hautes Pyrenées, near Bagnères de Bigorre.

Waters containing sulphate of soda.

Special indications : Debility.

Bagni-a-Acqua.—Italy, Tuscany, near Pisa, Val di Chiana.

Sulphurous earthy waters, 100° F.

Special indications : Skin diseases, rheumatic gout and paralytic affections.

Bagni (Acqua dei).—Italy, near Naples.

Alkali-saline waters.

Special indications : Jaundice, stomachic, intestinal and vesical catarrhs, diabetes, plethora abdominalis, rheumatism and neuralgic affections.

Bagni-a-Morba.—Italy, Tuscany, between Pomarance and Castelnuovo.

Sulphurous alkaline waters, 100° to 130° F.

Special indications : Rheumatism, kidney disorders, calculus, gravel, scrofula, herpes.

Bagni di Crana.—Switzerland, canton of Ticino, 3,270 feet above the sea level, near Lago Maggiore and Lago di Lugano.

Sulphurous waters, 90° F.

Very efficacious waters, but there is little or no accommodation. Visited by tourists, but seldom by invalids.

Bagno-fresco.—Italy, Island of Ischia, in the Val Tamburino.

Alkali-saline waters.

Special indications : Affections of the digestive and urinary system.

Bagnolino dei Rachitici.—Italy, Tuscany, near Levane.

Alkali-ferruginous waters.

No bathing establishment. The peasants in the neighbourhood bathe children affected with rickets in the waters.

Bagno-in-Romagna ; also Terme Leopoldine or Sta. Agnese.—Italy, province of Florence, 3,000 feet above the sea level ; diligence from Forli, 3 fcs. each person ; carriages, 20 fcs. and 30 fcs. ; 6 hours' drive.

Carbonic and sulphurous acid waters, 108° to 110° F., used for drinking ; sitz and shower baths.

Season : June--September.

Special indications : Rheumatism, sciatica, skin diseases, gout.

There is a well-appointed bathing establishment, affording accommodation in 100 rooms ; pension from 4 fcs. to 6 fcs.

daily. The situation is pretty and healthy, in the midst of chestnut and fir forests.

A Post and Telegraph Office.

Doctor: Dr. Fanti.

Bagno.—Switzerland, canton Valais.

Sulphurous waters.

Little used.

Bagno d'Apollo.—Italy, Tuscany.

Alkaline waters, 90° F.

Special indications: Jaundice and liver complaints.

Bagno Roselle.—Italy, Tuscany, Val di Paglia, near Siena.

Ferruginous effervescent waters, 105° F.

Bagnolles.—France, Department of the Orne. For routes see table.

Saline, sulphurous, lithic, silicate, and arsenical waters.

Temperature, 66° F.

Three ferruginous, arsenical, and manganese springs, 26° F.

Special indications: Diseases of the digestive organs, skin, rheumatism and scrofula, chlorosis, congestion of the abdominal viscera, phlebitis, old wounds, and chronic sores.

Bathing establishment very complete.

Doctors: Drs. Commandré, Censier, and Joubert.

Hotels: de Baines, de Bagnoles.

Bagnoli.—Italy, near Naples, on the road to Baiæ, between Posilipo and Pozzuoli by steam tramway.

Saline and alkaline waters, 112° F. Baths, douches, steam baths.

Special indications: Paralysis, rheumatism, gout, cutaneous affections and scrofula.

Complete bathing establishment.

Springs of Pisciarelli and of the Temple of Serapis.

The principal establishment, where the sea baths are also taken, is called "La Pietra." They are open all the year round.

Doctor: Dr. Pepere.

Bagnols-les-Bains.—France, Department of Lozère. For routes see table.

Sulphate of soda waters, from 50 to 105° F.

Special indications: Cutaneous and pulmonic diseases, rheumatism, scrofula, wounds, and chronic sores.

Two establishments, with piscinæ, douches, baths, steam baths, &c. Climate rather severe, and barometric changes rapid.

Bains-les-Bains.—France, Department of Vosges, near Epinal: from Paris, *viâ* Mulhouse and Epinal.

Sulphate of soda, arsenical waters, from 70° to 115° F.

Special indications : Rheumatism, debility, nervous and uterine affections.

Two thermal establishments. The thermometric changes are considerable during the day.

Doctor : Dr. Bailly.

Bains de la Reine.—Algiers, province of Oran, near Oran.

Saline springs containing bromine, 130° F.

Special indications : Liver and stomach affections, cutaneous diseases, rheumatism, &c.

Bains, near Arles.—France, Department of Pyrénées Orientales, near Céret.

Slightly sulphurous alkaline waters, 122° F.

Special indications : Rheumatism, skin diseases, disorders of the digestive organs and urinary system.

The establishments are said to be the original Roman ones.

Bains d'Yverdon.—Switzerland, Canton Vaud.

Alkiline sulphurous waters.

Bajfalú.—Austria-Hungary, comitat of Száthmar.

Sulphurous waters.

Special indications : Gout, rheumatism, skin diseases, obesity, liver and urinary affections.

Balaruc les Bains.—France, Department Hérault, near Montpellier and Cette.

Strong saline waters; springs contain bromine, 45° to 100° F.

Special indications : Paralysis, softening of the bones, chlorosis struma, rheumatism, and anchylosis.

Three bathing establishments.

Doctor : Dr. Ducroix.

Hotels : *Thermes, de France.*

Baldini (Acqua dei).—Italy, Tuscany, near Rinfresco.

Saline waters. Strongly purgative action.

Baldócz.—Hungary, comitat of Zips, near Kirchdrauf.

Slightly alkaline ferruginous waters.

Special indications : Hypochondria, hysteria, giddiness, sterility, stomachic disorders.

Baldon.—Russia, Courland, district of Mitau, 25 miles from Riga.

Sulphurous waters.

Ballaiques.—Switzerland, Canton Vaud.

Climatic air station, 2,900 feet above the level of the sea.

Doctor : Dr. Vallorbe.

Ballater.—Scotland, Aberdeenshire.

A summer station, also frequented for the waters at Pannanich. Wells, which are two miles distant.

Scenery very fine.

Ballycotton.—Ireland, county Cork.

Sea baths, sandy beach.

Ballyspellin Spa.—Ireland, Leinster, county Kilkenny.

Saline and ferruginous bicarbonate waters, 60° F.

Special indications: Nervous affections of the digestive organs; also in abnormal conditions of the blood.

The establishments and accommodation are sufficient for a very large number of visitors.

Balnea d'Avignone.—Italy, Tuscany.

Chalybeate waters, 120° F.

Balta-alba and Balta-sarata.—Roumania, near Braila.

Saline lakes, containing much iodine and bromide mud baths.

There is a very good bathing establishment in Balta-alba.

Doctor: Dr. Valleano.

Baltzatesti.—Roumania, district of Neamtzo.

Saline and brine baths.

The establishment is modern and fitted with all appliances.

Doctor: Dr. Kantenur.

Balzach.—Switzerland, canton of St. Gall.

Sulpho-alkaline waters.

Special indications: Scrofulous dyscrasia, chronic skin diseases, old sores.

Bangor.—Wales, Carnarvonshire.

Sea baths; pebbly beach.

Doctor: Dr. Hughes.

Hotels: British and Belle Vue.

Banjaluka.—Austria, Bosnia, in the North-West.

Sulphurous waters, from 55° to 105° F.

Bañolas.—Spain, province of Catalonia, near Gerona.

Sulpho-alkaline waters, 70° F.

Special indications: Neuroses, skin diseases, scrofula, syphilis.

The baths should not be taken for longer than 10 minutes at a time.

The establishment is good, and the accommodation in the village moderate in price.

Doctor: Dr. Alsina.

Baños del rio Pisuerga.—Spain, province of Palencia.

Bitter waters.

Special indications: Obstructions, hypochondria, pulmonary complaints, and biliary calculus.

There is a small establishment.

Bantry.—Ireland, Cork.

Sea baths; sandy beach.

Doctors : Drs. Swanton and Popham.

Banyuls-sur-Mer.—France, Pyrénées Orientales.

Bicarbonate waters and sea baths.

Baraci.—France, Corsica, near Propriano.

Sulphurous saline springs, 85° F.

Scarcely any accommodation, though the waters are efficacious.

Baracza.—Hungary, comitat of Gömör, near Czáko.

Earthy waters, 60° F.

Barambio.—Spain, province of Alava, near Amurrio.

Sulphurous earthy waters.

Special indications : Affections of skin and bones.

The establishment is somewhat deficient.

Doctor : Dr. Martinez.

Barbazan.—France, Department Haute Garonne, near St. Gaüdens. For routes see table.

Sulpho-ferruginous waters, 50° F.

Special indications : Cutaneous affections, chlorosis and disorders of the respiratory organs.

Barberie.—France, Loire Inférieure, near Nantes.

Silicated ferruginous waters.

Special indications : Anæmia, chlorosis.

Barbotan.—France, Gers. For routes see table.

Sulphate of soda and ferruginous waters, from 50° to 120° F.

Sulphurous muds.

Special indications : Rheumatism, paralysis, cutaneous and uterine affections, rickets and syphilis.

Doctor : Dr. Dupeyron.

Barcelona.—Spain, capital of Province of same name, formerly of Catalonia. By Orleans and South of France Railway, by way of Toulouse and Cette.

Barcelona is the second largest city in Spain, and the first commercially. It contains several well-arranged libraries and collections of natural history and antiquities. Opera house.

OBJECTS OF INTEREST : Cathedral, Churches of Sta. Maria del Mar and del Pino, Lonja, Deputacion, Casa Gralla, and Dusay.

The Rambla and Paseo de Gracia are the Hyde Park and Rotten Row of Barcelona, from 2 to 5 p.m. daily. Tivoli and Campos Eliseos. Bull-fights, Casino. Gran cafe, and Cafe de las siete puertas.

CABS : one horse up to midnight, 4 reales ; two, 6 reales ; one horse, midnight to dawn, 6 reales ; and two horses, 9 reales. By the hour, the former 8 to 10 reales ; the latter, 10 to 15 reales. Every quarter of an hour is extra.

Many excursions in the country on horseback, mules, carriages, &c.

Post-office : Rambla de la Sta. Mónica.

Telegraph office : Plaza de Palacio.

Doctor : Dr. Roberts, Calle Cristina, 8.

Hotels : *De las cuatro Naciones, del Oriente.*

Barèges.—France, Hautes Pyrénées ; 4,200 feet above the sea level.

Alkali-saline-sulphurous waters, from 45° to 105° F.

Special indications : Scrofula, diseases of the bones, herpes and syphilis.

Season : 15th June to 15th September.

Doctors : Drs. Armieux, Betons, and Grimaud.

Hotel : *Des Princes.*

Barestrand-Syssel.—Iceland.

Indifferent waters, 210° F.

Bari.—Austria, Hungary, comitat of Zemplin.

Sulphurous waters.

Bari (Acqua-di).—Italy, province of Bari in Calabria ; line from Foggia to Brindisi, stop at Bari.

Sulphurous magnesian waters. Sea baths, sandy beach.

The springs all lie close to the sea shore. Purgative action exclusively. No establishment.

Barmouth.—Wales, Merionethshire, Cardigan Bay.

Sea baths. Smooth sandy beach.

Doctors : Drs. Hughes and Lloyd.

Hotels : *Marine, St. Anne's Mansions.*

Barquera (La).—Spain, province of Santander, 28 miles from Torrelavega.

Sea baths, with extensive fine sandy beach.

Retired and free country life.

Bartfeld.—Hungary, Com, Saros, near Eperies.

Cold ferruginous bicarbonate waters.

A well-arranged bathing establishment, much frequented in summer.

Doctor : Dr. Krompecher.

Barzun.—France, Department of Basses-Pyrénées ; 4,000 feet above sea level.

Sulphurous alkaline waters, 85° F.

Special indications : as at Barèges.

Basel.—Switzerland, on the Rhine, from Paris by East of France Railway, *via* Mulhouse, or by North of France Railway to Cologne, and *via* Coblenz, Mayence, and Strasburg.

Native town of Holbein the painter. Cathedral founded A.D. 1019. Byzantine church of St. Elizabeth. Museum; Town Hall, Fountain, and Fish-market. Training institution for Protestant missionaries. Circulating library. Very fine excursions in the environs.

Basel is a city of much importance to those visiting Switzerland, as it is a great railway starting-point, or centre for tourists, many of whom break their journey here to rest after the fatigues of travel. And although it hardly comes within the province of this dictionary to go much into detail upon the various attractions of this ancient city, it may be as well to remark that to the archæologist, the geologist, the artist and the botanist, Basel and its environs will be found to be pregnant with interest. The traveller should remember that there are two railway stations a mile apart, between which tram cars run. The Baden or German station is located in an uninteresting part of the city, and the hotels near it are few and small. The Upper or Swiss station is the principal railway centre; near it are several good hotels, such as the *Schwiezerhof* and the *National*. One of the best (if not the best) hotels in Basel is the *Hotel Trois Rois*, which has a most charming position, built by the side of the Rhine, which flows here at a most rapid rate; all the windows of this hotel look on to the river, and to sit at night on the illuminated balconies which hang over the Rhine is a popular way of spending a restful evening. This hotel has two late *tables d'hôte* specially cooked for those arriving by the late evening trains; the *cuisine* is excellent, the attendance good; there is a lift, electric light, and excellent wine. As a proof of the size of this establishment and the amount of business it conducts, it has six two-horse omnibuses at work all day, bringing and taking visitors to and fro. Proprietor, Mr. Fluck, one of the best known and most respected hotel-keepers in Switzerland.

Doctors : Drs. Bruckner and Haagen.

Baslow.—Derbyshire.

Hydropathic establishment.

Doctors : Drs. Branson and Wrench.

Bastennes.—France, Landes, near St. Sever.

Cold saline and sulphurous waters.

Bath.—Jamaica.

Thermal sulphurous waters, which have been employed with success in those cases of intestinal derangements which are frequent in tropical countries.

Bath.—England, Somersetshire, 12 miles from Bristol. Population 78,000.

Saline-sulphate of lime and carbonate of iron waters, from 104° to 120° F.

Special indications: Renowned for treatment of chronic gout, rheumatism, dyspepsia, and some forms of palsy, &c., &c.

The waters flow from three springs, yielding daily over 507,000 gallons, at a temperature of 120° F., where they rise from the earth. The Romans made great use of these waters, and many interesting remains of their systems of baths can now be seen, extensive excavations having recently been made by the corporation. The three springs supply the fountain in the Grand Pump Room and the various establishments for public and private bathing, where will be found every appliance necessary for carrying out the various cures, including thermal vapour, Aix massage, douche, needle douche, douche spray, inhalation massage, &c.

Large park and public gardens.

Hospitals: *The Royal United*, Drs. Coates, Field and Goodridge.

The Mineral Waters Hospital, Drs. Brabazon and Spender.

The Homœopathic Hospital, Dr. Mackechnie.

Hotels: *Pump Room Hotel*, *York House*, *Pulteney* and *Castle*.

Bath.—United States of America, Bath Co., Virginia.

Thermal waters, visited for amusement rather than medical treatment.

Batignolles.—France, Paris.

Cold sulphurous waters.

Battaglia.—Italy, Venetia, near Padua.

Saline waters, 160° F.; mud baths; natural steam baths.

Special indications: Rheumatism, scrofula, skin diseases, inflammation of the uterus and ovary, syphilitic bone and skin affections.

The establishment, a veritable palace, is situated on the hill of St. Elena.

Doctors: Drs. Rosanelli and Pezzolo.

Bauche (La).—France, Savoy, *viâ* Chambéry and Les Echelles; 1,500 feet above the sea level.

Highly effervescent ferruginous waters.

Special indications: Chlorosis, anæmia, dyspepsia and muscular debility.

Doctor: Dr. Guillaud.

Baude.—Spain, province of Orense.

Warm sulphurous waters.

Special indications: Rheumatism, gout, hydrophy, hysterics, skin diseases, leucorrhœa and similar diseases.

Baugy.—Switzerland, near Lausanne.
Climatic air station.

Baza or Zujar.—Spain, province of Granada.
Sulphurous waters, 100° F.
Contains large quantities of sulphuretted hydrogen, and is therefore disagreeable to the taste and smell.
Special indications : Hysteria, anæmia, amenorrhœa and chronic skin diseases.

Beaucens.—France, Hautes Pyrénées, near Canterets and Barèges.
Sulphurous saline waters, 48° to 50° F. ; little known.

Beaulieu.—France, Department of Puy de Dôme, near Issoire.
Cold chalybeate waters.

Beaulieu.—France, Alpes Maritimes, near Nice.
Winter station. A small but charmingly situated village in a very sheltered position. It is one of the best stations on the Riviera for the winter months.
Doctors : Drs. W. Waketfield and Durel.

Beaumaris.—Wales, Anglesea.
Sea baths, fine sandy beach.
Situate at the entrance of the Menai Straits. The views over sea and mountain are very romantic.
Doctors : Drs. Owen, Evans, Jones and Edwards.
Hotels : *Liverpool Arms* and *William Bulkeley Arms*.

Beaupreau.—France, Maine and Loire.
Cold ferruginous bicarbonate waters.

Bebra.—Germany, Saxony, near Eckhardsberga.
Chloride of magnesia waters, 35° F.
Special indications : Neuroses, chlorosis, and menstrual derangements.
Doctors : Drs. Altenburg and Triebenstein.
Hotel : *German Emperor*.

Beggenried.—Switzerland, Canton Unterwalden, on the south shore of Lake Lucerne.
Climatic station.
Owing to the low temperature and pure mountain air, this place is much visited in July and August.
Doctor : Dr. Odermatt.

Bejar.—Spain, near Valladolid and Salamanca.
Thermal silicate (0.059°) waters, from 50° to 100° F.
A thermal establishment, much frequented in Spain.

Bekees.—Austria, Hungary, comitat Zemplin, near Szerencs.

Indifferent waters, 75° F.

Special indications : Gout and rheumatism. Establishment
mall.

Belalp.—Switzerland, Canton Valais, 3½ hours by an excellent mule path
from Brigue. Altitude, 7,100 feet.

Mountain air and whey cure.

Season : From June 1st to October 31st.

English Church.

A starting point for many most picturesque excursions.

The *Hotel Belalp*.

Bela.—Austria-Hungary, comitat of Zips, on the P'oprad.

Sulphate of lime ferruginous waters, containing much sulphur.

Special indications : Chronic skin diseases, gout and rheu-
matism.

Belascoin.—Spain, province of Navarra, near Pamplona.

Alkaline waters.

Special indications : Lithiasis, calculus, gastric and
hepatic colics.

The establishment and accommodation are inferior.

Doctor : Dr. Ortega.

Belinchon.—Spain, province of Cuenca, near Tarancon.

Saline and bitter waters.

Only employed as a purgative.

Bellagio.—Italy, situated on the promontory between Lakes Como and
Lecco.

Climatic station.

Season : Spring and autumn.

Special indications : Nervous diseases, also affections of the
chest, throat, and lungs.

Most beautifully situated. Bellagio is one of the most
popular resorts in the Italian lake district. The town is
small, but accommodation is good. Many beautiful drives
and walks; among the latter those to the Villa Serbelloni,
the Villa Belmonte, and the Villa Giulia, provide the best
views.

Among the hotels are the *Grande Bretagne*, *Grand Hotel
Bellagio*, and *Hotel Gruazzini*, all of which will be found com-
fortable and well managed. Omnibuses from the hotels meet
the steamboats.

English Church services are held in the season.

Bellas Agoas.—Portugal, near Lisbon.

Sulphurous waters.

Bellême.—France, Orne, near Montagne.
Ferruginous bicarbonate waters.

Belleriève.—Switzerland, Canton of Berne on the Birs, 7 hours from Basle.

Sulphurous alkaline waters.

Special indications: Intestinal obstructions, congestions, scrofula, hypochondriasis, hysteria, jaundice.

Belleville.—France, in the *enceinte* of Paris.
Cold sulphate of lime waters.

Belloc.—France, Gironde, near Bazas.
Cold ferruginous bicarbonate waters.

Bellus.—Spain, south of Valencia.

Sulphate of magnesia and carbonate of lime springs, 65° to 70° F.

Little frequented. Establishment and accommodation old-fashioned.

Roman and Arab ruins in the environs.

Doctor: Dr. Cerezo.

Bellus.—Austria-Hungary, comitat of Trenczin, on the Waag, and 1½ hours from Trenczin.

Cold sulphurous waters.

Benasque.—Spain, province of Huesca, near Boltaña.

Ferruginous and sulphurous waters, 90° F.

Special indications: Amenorrhœa, anæmia, chlorosis, debility, herpes, rheumatism, scrofula, wounds, gout and kindred ailments.

The establishment is very good and accommodation comfortable.

Benavente.—Spain, province of Zamorra, near Valladolid.

Ferruginous acidulous waters.

Special indications: Amenorrhœa, flatulence, calculus, chronic gastralgia, cerebral hyperæmia.

Benedekfalva.—Hungary, comitat of Liptau, ½ hour from Liptó-Szent Miklos.

Alkaline waters.

Benetutti.—Italy, Piedmont, near Incontrado-Logoduro.

Numerous sulphurous alkaline springs, 85° to 95° F. No bathing establishment.

The arrangements are so inadequate that the simple tastes of the Italians only could tolerate them.

Ben Haroun.—Africa, province of Algiers, near Dra el Nizan.

Ferruginous bicarbonate waters, highly gaseous ; used only for exportation.

Benimarfull.—Spain, province of Alicante, near Alcoy.

Sulphuretted lime waters, 40 to 45° F.

Special indications : Cutaneous affections, vesical catarrhs, muscular contractions.

The establishment is modern and complete. The prices are reasonable and the accommodation good. The situation is romantic.

Doctors : Dr. Genoves y Tio.

Ben Rhydding.—England, Yorkshire, Wharfedale, near Leeds ; 480 feet above the sea.

Hydropathic establishment. Much frequented. Excellently appointed baths.

Bentheim.—Germany, Hanover, near Osnabrück.

Sulphate of lime waters.

Doctors : Drs. Stollenkamp, Inderstrath and Strietholt.

Hotels : Kurhaus.

Benyus.—Hungary, comitat of Sohl

Alkaline waters.

Berchtesgaden.—Germany, Upper Bavaria, 2,500 feet above sea level, near Reichenhall.

Climatic air station, with saline and brine baths.

The surroundings are very lovely.

Doctors : Drs. Hacker and Preyss.

Berck-sur-Mer.—France, near Boulogne.

Sea bathing.

There is here a Marine Hospital for the cure of scrofula, where cases have been most successfully treated.

Berencze.—Hungary, comitat of Neograd.

Cold effervescent ferruginous waters.

There being no bathing nor drinking arrangements, the waters are used only by the inhabitants.

Berg.—Germany, Würtemberg, near Stuttgart.

Saline springs and ferruginous waters, of 45° to 50° F. ; similar to the Cannstadt waters, with which their therapeutic properties are also identical.

A very excellent bathing establishment.

Doctor : Dr. Gust Eberling.

Bergallo.—Italy, Tuscany, near Castelnuovo-Berrardenga.

Bicarbonate of lime springs, 33° F.

Beringerbad.—Germany, Saxony, near Alexisbad.

Bromurated saline cold waters, containing 12 grammes calcic chloride, and 9 grammes sodic chloride per litre.

Special indications: Scrofulous and chronic skin affections, diseases of the bones.

Doctors: Drs. Strauss and Schrader.

Berisal.—Switzerland.

Climatic air station, near Brigue and the Simplon.

Berka.—Germany, Grand Duchy of Saxe-Weimar, near Weimar.

Climatic air station.

Special indications: Rheumatism and paralysis, chronic mercurial intoxication.

Doctors: Drs. Willrish and Goiking.

Hotels: Kurhaus, German Emperor.

Berlin.—Capital of Germany and Prussia, from Paris by North of France Railway, *via* Lehrte, Hanover, or Cologne Minden.

One of the largest and handsomest cities in Europe. Garrisoned by 20,000 soldiers of the Guard. The river Spree is crossed by over fifty bridges. Principal street: Unter den Linden. Some very fine palaces.

OBJECTS OF INTEREST: Brandenburg gate. Equestrian statue of Frederick the Great by Rauch. Palaces of the Emperor, Crown Prince, and Queen of Holland. Academy of Fine Arts, Opera-house, Arsenal, Academy of Engineers and Artillery, Schauspielhaus, Victoria, Wallner, and Woltersdorf Theatre, Kroll's establishments, Orpheum, Colosseum. Royal Museum of Pictures, New Museum, National Gallery and Historical Museum, Royal Palace and Royal Library, Raszynsky's Picture Gallery, Exposition of Artists Zoological and Botanical Garden; Exchange and Town Hall, Parliament Buildings. Guards and military bands play opposite the Court-house; Sculpture Gallery, the Schlossbrücke, Royal Foundry, Borsig's Engine Works, Industrial Museum.

EXCURSIONS: To Charlottenburg, Tegel; Potsdam and Sanssouci Babelsberg; Pfingstberg and Glienicke.

CABS: One or two persons, 1½ mile, 1 mark or 1 shilling. Three or four persons, 1½ marks.

Post-office: Leipzigerstrasse.

Telegraph-office: Französischestrasse.

There are natural saline water baths in the town.

Dentist: Dr. Suersen.

Doctors: Drs. Leyden, Ewald, Fürbringer, Wendel, Baer, Gustorf and Hahn.

Hotels: Kaiserhof, de Rome, Central, Royal.

Berne.—Capital of Switzerland and Canton of Berne, from Paris by East of France Railway, *via* Basle.

OBJECTS OF INTEREST: Church of the Holy Ghost, Hospital, Morat gate, Federal Palace with Picture Gallery, Museum,

Cathedral, Bronze statue of Eulach, Platform or Terrace, Town Hall, Bear Pit. In the vicinity of Berne are many small bathing places, among which may be mentioned Bains de Bolingen, Bains de Gutenbourg.

Fine excursions in the neighbourhood.

Post and telegraph office at the railway station.

Bookseller : J. Dalp, Place de la Gare.

Doctors : Drs. Bourgeois, Niehaus, Schoeder and Walthard.

Hotels : *Bernerhof, du Faucon, Belle Vue* and *Jura*.

Berneck.—Germany, Bavaria, near Schorgast, 1,100 feet above the sea level.

Climatic air station, whey cure and hydropathy.

There is a curhaus with conversation, music and reading rooms. The forests surround the place, and begin at the very gates. Very interesting environs.

Doctors : Drs. Hasler and Schelling.

Bernières-les-Bains.—France, Department of Calvados, from Paris, *via* Caen.

Sea baths, sandy beach.

Bernos.—France, Department of Gironde, near Bazas.

Bicarbonate ferruginous cold waters.

Bernstein.—Hungary, comitat of Eisenburg, near Güns.

Sulphurous, ferruginous and cupric waters; little used and scarcely known.

Bertrich.—Germany, Rhenish Prussia, near Cochem on the Moselle; stop at Bullay Moselle Railway.

Alkaline, saline and sulphate of soda waters, of 75° F.

Special indications : Rheumatic affections, liver and spleen, disorders and affections of the urinary system.

Excellent bathing establishments.

Doctors : Drs. Prieth, Cueppert and Kaiser.

Hotels : *Wering, Adler*.

Berthemont.—France, Department of Alpes Maritimes, near Nice.

Highly effervescent, indifferent waters.

Special indications : Lithiasis and vesical catarrh.

Bertua.—Spain, Guipuzcoa, near Corunna, and the Convent of St. Miguel.

Sulphurous thermal waters.

Special indications : Goitre, sciatica, rheumatic paralysis.

Doctors : Joh. Hayer, Garcking and Maser.

Berwick (North).—Scotland, Haddington, on the Firth of Forth.

See NORTH BERWICK.

Beschtau or Maschukabaths.—Russia, Caucasus, near Pjätigorsk.

Alkaline-sulphurous waters, varying in temperature from 110° to 170° F.

Under this denomination are classed all the springs which rise in the district of Eisenburg and Pjätigorsk. Protected by Peter the Great, they owe their development mainly to the Emperor Nicolas. Residence here is very expensive, which may be one reason why the baths are not more frequented. The establishments are first-rate, and both comfort and amusement are amply provided for. The scenery is of the most romantic character. Abundant shooting and fishing.

Besenyőfalva.—Hungary, comitat of Liptau, on the Waag.

Cold effervescent ferruginous waters.

Special indications: Disorders of the urinary system, intermittent affections and affections of the abdominal viscera.

Besse.—France, Puy de Dôme, near Issoire.

Cold ferruginous waters.

Betaille.—France, Department of Corrèze, near Tulle.

Cold ferruginous waters.

Special indications: Catarrhs, anæmia, chlorosis, atony of the stomach, fluor albus and female complaints.

Betelú.—Spain, province of Navarra, near Tolosa.

Sulphurous saline waters, 50° F.

Special indications: Chronic skin diseases, scrofula, syphilis, mercurialism, laryngeal and bronchial catarrhs.

The establishment is modern and complete; the situation charming, and the vegetation luxurious. The accommodation is very good, and prices moderate, ranging *en pension* from 6 francs to 10 francs a day. Betelú is therefore much frequented.

Doctor: Dr. Gurrucherri.

Bettws-y-Coed.—North Wales.

Health resort, famous for its beautiful scenery.

Hotels: *Waterloo* and *Royal Oak*.

Doctor: Dr. Evans.

Beulah Spa.—England, Upper Norwood, near London. Easily reached from Victoria, Ludgate, Holborn Viaduct, Moorgate-street, London Bridge, Willesden, or King's Cross, to Crystal Palace High Level or Gipsy Hill Stations.

Hydropathic Establishment. Established over half a century.

Situated in six acres of beautifully wooded grounds, within easy reach of London, and close to the Crystal Palace, on high ground, being about 320 feet above the level of the sea. This Establishment justly possesses a world-wide reputation

as a health resort. There are 50 rooms, excellent Turkish and all Hydropathic Baths.

Amusements are varied, as the Establishment possesses a theatre, ball room and billiard room; also lawn tennis courts and a bowling green.

Beuren.—Germany, principality of Hohenzollern-Siegmaringen, in the Black Forest; 1,580 feet above sea level.

Climatic air and whey-cure station. Climate very mild and steady.

Special indications: Tuberculosis, chronic catarrh of respiratory organs, bronchial and laryngeal catarrhs.

Beuzeval.—France, Department of Calvados, from Paris, *viâ* Trouville. Sea baths, sandy beach.

See also HUOLGATE.

Bex.—Switzerland, Canton Vaud, near Lausanne and Vevey, in the Rhone Valley; 1,400 feet above sea level. For routes see table.

Saline waters strongly bromo-iodurated.

Special indications: Scrofula, rachitis, chronic rheumatism, liver and uterine affections, plethora abdominalis.

Hydro-therapeutic establishment, very well equipped.

Grape and milk cure.

English Church.

The town being situated just under the Dent du Midi and the Dent de Morcles, lovely views of these peaks are obtained.

Doctors: Drs. Decker, Exchaquêt, Testaz and Hucnerwadel.

Hotels: *Grand Hôtel des Bains, Salines and Alpes.*

Bexhill-on-Sea.—England, Sussex, between Hastings and Eastbourne. Sea baths, sandy beach.

Doctors: Drs. Carter, Deare, Prince, and twelve others.

Hotel: *Sackville.*

Biarritz.—France, Department of Basses Pyrénées, close to the Spanish frontier, on the Bay of Biscay; 8,500 inhabitants. For routes see table.

Sea bathing and winter station; climate mild and humid; fine sandy beach.

Special indications: Chlorosis, anæmia, chest and lung complaints, laryngitis, pharyngitis.

English Church.

Post and Telegraph Office.

English Chemist: J. Moureu, 5, Place de la Mairie.

Doctors: Drs. Adhéma, Augey, Malpas and Mackew (the last two are English).

Hotels: *d'Angleterre, Continental, Grand, Victoria, Midi.*

Bie-Sweden, in the province of Sodermanland.

Hydropathic establishment. One of the oldest Hydros in the country; good arrangements, excellent gymnastic treatment, strict diet.

Doctor: Dr. A. Levin.

Bignasco.—Switzerland, on the Italian frontier, near Lucarno.
Climatic air station.

Bikszad.—Hungary, comitat of Szathmár.

Saline and bicarbonate waters, 4 gr. mineralisation.

Special indications : Feeble digestion, constipation, chronic disorders of the respiratory organs, incipient phthisis, menstrual irregularities and other affections of the genito-urinary organs.

The water is exported. In its chemical composition it is analogous to Gleichenberg, but stronger.

Notwithstanding very moderate accommodation and little comfort offered, Bikszad is much frequented ; a good proof of the efficacy of its waters.

Bilazais.—France, Department of Deux Sèvres, near Poitiers.
Sulphate of calcium waters, 56° F.

Bilbao.—Spain, province of Vizcaya.

Sea baths at Las Arenas y Algarta, Portugalete, and Santurce.

More than 3,000 bathers visit the town during the season.

Doctors : Drs. Philips and Service.

Hotel : *Hôtel del Boulevard*.

Bilén.—Austria-Hungary, comitat of Marmarós, district of Rahó.
Alkaline waters.

Very primitive arrangements.

Special indications : feeble digestion, constipation, liver and spleen affections.

Bilin.—Austria, Bohemia, near Teplitz.

Alkali saline waters ; their composition is similar to those of Vichy.

Bilin is well known under the name of the "cold Vichy."

Special indications : Catarrh, hæmorrhoidal affections, morbus Brightii, disorders of the urinary system, obesity.

Doctor : Dr. Reuss.

Hotels : *Lion and High House*.

Birchington.—England, Kent.

Sea baths.

Doctors : Drs. Harris and Bamfylde.

Birkdale.—See SOUTHPORT.

Birkenfeld.—Germany, Grand Duchy of Oldenburg, near railway from Kreúznach to Saarbrück.

Ferruginous, magnesian, sodic and calcic bicarbonate waters—tonic and resolvent.

Special indications : Affections of the glandular system.

Doctors : Drs. Flick, Merlin.

Birlenbach.—Germany, Duchy of Nassau.
Ferruginous bicarbonate table water.

Birmenstorf.—Switzerland, Canton of Aargau, near Baden.
Bitter waters.

Situated to the west of Schonzach, near Baden. The waters are only used for exportation, they contain 32 grs. of Epsom salts and 7 grs. of sulphate of soda to the litre. Their action is simply purgative.

Birresborn.—Germany, Rhenish Prussia, in the Eifel, near Gerolstein.
Ferruginous bicarbonate waters, exported and brought into the market by the Gerolstein Mineral Water Co. Limited, London.

A station little frequented.

Bishops Teignton.—England, Devonshire, 2½ miles from Teignmouth.
Hydropathic establishment and health resort.

A charmingly situated residence at the foot of the "Holdon," overlooking the Teign and hills beyond. The baths are perfect, and cures numerous. From the top of Holdon the views are among the finest in the country.

Doctor: Dr. Broughton.

Bistritz.—Austria, Moravia, near Ollmütz and Hullein.

A celebrated whey cure station; The Appenzell of Austria. Sheep's milk only is used.

Season: June—September.

There is a castle, with large park open to visitors. Very much frequented.

Doctor: Dr. Toff.

Bisztra.—Austria-Hungary, comitat of Marmarós, near Majdanka.
Alkali-ferruginous waters.

Mineral constituents very scanty.

Bivuto di Termini.—Italy, Sicily, between Palermo and Sciacca.
Thermal sulphurous waters.

Very suitable bathing establishments, and the accommodation in the convent of St. Kalogerus is comfortable.

Blackpool.—England, Lancashire.

A much frequented sea-bathing town.

Doctor: Dr. Buxton.

Hotels: *Pa'atine* and *Marsden*.

Blanchemont.—Belgium, near Liége.

Cold ferruginous bicarbonate waters.

Blankenberghe.—Belgium, near Bruges.

Much-frequented sea baths; more retired and quiet than Ostend.

Doctors: Drs. Bosyn, Notebaert and Van Mullem.

Hotels: *Cursaal*, *Godderis de la Paix*.

Blankenburg.—Germany, principality of Rudolstadt, near Weimar and Halberstadt.

Pine-cone sap and resinous baths; hydropathy.

Special indications : Herpes, scabies, excessive perspiration, muscular pains, paresis.

The accommodation is comfortable, and living exceedingly cheap.

Doctors : Drs. Bindseil, Schafer, Sigismund.

Blankenhain.—Germany, Thuringia, near Weimar; 1,100 feet above sea level.

Climatic air station; whey and milk cure.

The surrounding country is very charming.

Doctors : Drs. Grunenberg and Stelkens.

Blasewitz.—Germany, Saxony, near Dresden.

Climatic air station.

The environs are picturesque. Inhabitants of Dresden form the chief contingent of the visitors.

Doctors : Drs. Barth, Kaphengst, Knautte.

Bleichbad.—Switzerland, Canton of St. Gall, near Altstätten; 1,500 feet above the sea level.

Ferruginous saline waters, with strong odour of sulphur.

Special indications : Gout, rheumatism, paralysis, neuralgia.

Bleville.—France, Seine Inférieure, near Le Havre.

Cold ferruginous bicarbonate waters.

Blida.—Algiers.

Climatic health resort (*see* ALGIERS).

Blue Sulphur Springs.—U.S. North America, Virginia, Co. Greenbrier. Sulphurous waters.

Special indications : Rheumatism, scrofula, syphilis.

Blumenstein.—Switzerland, near Berne.

Cold ferruginous alkali-saline waters.

Special indications : Constitutional debility.

A fairly good bathing establishment.

Doctor : Dr. Voegli.

Bobbio.—Italy, Lombardy, province Pavia; 60 k. from Genoa.

Thermal, sulphurous and saline springs.

Bobotsch.—Roumania.

Sulphurous waters.

Owing to the lack of energy on the part of the inhabitants there is little or no accommodation; the waters are very efficacious.

Bocheggiano.—Italy, near Siena.

Five springs, some ferruginous and some sulphate of lime,
35° F.

Special indications : Anæmia, chlorosis, constipation, liver,
spleen, and chronic skin diseases.

Bocklet.—Germany, Bavaria, near Kissingen.

Cold, sulphurous and chalybeate waters, rich in carbonic acid
gas ; mud baths.

Frequented by patients at Kissingen.

Special indications : Scrofula, plethora, diabetes, hyperæmia
of the liver, ankylosis, chronic muscular affections, torpid sores.

Doctor : Dr. Werner.

Böcskő Rahó.—Hungary, comitat of Marmaros, 7 miles from Szigeth.

Iodurated saline waters.

Special indications : Affections of spleen and liver, scrofula
and rachitis.

Bodajk.—Hungary, near Stühlweissenbürg.

Sulphate of lime waters, rich in silicic acid.

Special indications : Hæmorrhoids, scrofula, gout, rheumatism.

Bodendorf.—Germany, Rhenish Prussia, near Neuenahr.

Climatic station ; grape cure.

Especially frequented by invalids suffering from chest and
nervous complaints.

Bodenfelde.—Germany, Hanover, near Münden.

Saline waters.

Bodok.—Transylvania.

Cold alkaline waters, very similar to those of Bilin.

Boesing.—Austria-Hungary, comitat of Pressburg.

Ferruginous alkaline waters, effervescing.

Special indications : Chlorosis, blenorrhœa, hysteria.

Bognor.—England, Sussex.

Sea baths, firm sandy beach.

Doctors : Drs. Todd, Cook Donnet, Griffen, &c.

Boisse (La).—France, Savoy, near Chambéry.

Cold ferruginous waters.

Boll.—Germany, Würtemberg, near Göppingen ; 1,300 feet above the level
of the sea.

Cold alkali-saline-sulphurous waters ; milk cure ; mild
climate.

Special indications : Affections of the larynx, skin diseases,
contractions, stiffness of the joints.

Boltenhagen.—Germany, Mecklenburg-Schwerin, equally distant from Lübeck and Wismar.

Much frequented for its sea baths; fine sandy beach, with pine forests behind.

Doctor: Dr. Kelling.

Hotels: Kurhaus, Luckmanns.

Bonar.—Spain, Galicia, near Leon.

Ferruginous saline waters, 75° F.

Special indications: Constipation, amenorrhœa, chlorosis, hypochondriasis.

These waters were used by the Romans. Grass withers under their influence, the meadows in the neighbourhood being all more or less blighted.

Bonchurch.—England, Isle of Wight. One mile from Ventnor.

Sea baths.

Hotel: The Bonchurch.

Doctor: Dr. Bell.

Bondonneau.—France, Department of Drôme, near Montélimar; 500 feet above sea level.

Alkaline iodurated waters; effervescent. Good establishment.

Special indications: Scrofula, obesity, tuberculosis.

Doctor: Dr. Cazenave de la Roche.

Bonn.—Switzerland, Canton of Fribourg, two hours from that town; altitude 1,600 feet, railway station at Guin on the Freiburg-Berne line.

Sulphurous ferruginous waters.

Special indications: Skin diseases.

There are baths situated by the side of the river; the surrounding country is picturesque and well wooded. The spring has been known since the 15th century.

Bonndorf.—Germany, Baden, in the Black Forest; 2,600 feet above the sea level.

Climatic air station.

The scenery is very charming, and the air is very pure.

Doctors: Drs. Burkle and Heinemann.

Bonnefontaine.—France, Department Meurthe, near Metz.

Cold bicarbonate of iron waters.

Bonneval.—France, Savoy, near Bourg St. Maurice.

Thermal sulphurous waters, analogous to those of St. Gervais, 85° F.

Bonnington.—Scotland, near Leith and Edinburgh.

Strong ferruginous and cold sulphurous waters.

Special indications: Anæmia, chlorosis, scrofula, rachitis.

Every comfort in the bathing establishments, which are very good.

- Boppard.**—Germany, Rhenish Prussia, between Coblenz and Mayence.
Climatic air station and hydropathy.
The surrounding country is very wooded and extremely lovely. Very quiet and retired life.
Doctors : Drs. Höstermann, Borges and Schmoll.
- Borby.**—Germany, province of Schleswig, near Eckernförde.
Sea-bathing place on the Baltic coast ; little frequented.
Doctor : Dr. Wolff.
- Bordeaux.**—France, on the Gironde, the capital of that Department, from Paris by Orleans Railway.
The third port of France, and a chief centre for wines and brandies ; the Roman *Burdigala*.
OBJECTS OF INTEREST : Remains of an amphitheatre. The town belonged to England from 1152 to 1453. Bell tower, Porte du Palais, and other old gates.
Cathedrals of St. André, St. Croix, St. Severin, and St. Bruno.
The Mairie in the old palace has a library of 150,000 volumes, a collection of antiquities and a picture gallery. Large Prefecture, Town Hall, Law Courts, Exchange and Custom House, Commercial Court, Bank, Mint, Theatre. Place des Quinconces, Quai des Chartrons, and botanical gardens.
CABS : By the drive 1 fr., for the hour 2 fr.
Doctor : Dr. Breen.
Hotels : *De France, Continental*.
- Bordighera.**—Italy, on the French frontier and on the Riviera.
Winter station, well frequented, but very quiet
English church.
Doctor : Dr. T. A. Goodchild.
Hotels : *D'Angleterre, Grand, Windsor*.
- Borgholm.**—Sweden, Isle of Öland.
Sea baths, splendid climate, and mildly invigorating air.
Southern vegetation. Much frequented by tourists.
Doctor : Dr. S. Lindström.
- Borgo Maro.**—Italy, Piedmont, near Oneglia
Cold sulphurous waters.
Special indications : Scrofula and skin diseases.
- Borines.**—Spain, province of Oviedo, near this town.
Saline sulphurous waters, used only internally on account of the limited supply from the spring.
Special indications : Gastralgia, dyspepsia, skin diseases and affections of the mucous membranes.
The establishment is modern, and is visited chiefly by the surrounding inhabitants. The site of Borines is romantic.
Doctor : Dr. Ayegui.

Borkum.—Germany, Prussia, prov. Hanover. An island in the North Sea.

Much visited for sea-bathing, especially by Hanoverians.

Doctors : Drs. Schmidt, Kock and Nathan.

Hotel : Kurhaus.

Borkút.—Hungary, comitat of Mármaros, District of Rahó.

Saline and strongly iodurated waters.

Special indications : Scrofula, lymphatism, goitre, adenitis.

A small bathing establishment.

Borla.—Italy, also called Acqua del Mortagone.

Saline waters, 85° F.; highly effervescent.

Special indications : Constipation, lymphatism, adenitis.

Bormio.—Italy, Lombardy, Upper Valteline, on the Adda; 4,016 feet above the sea level. *See* map at end.

Inert thermal waters, from 90° to 120° F.; a climatic station.

Doctors : Drs. Battersby and Reali.

Borra.—Italy, Tuscany near Arezzo, in the valley of the Arno.

Ferruginous alkaline waters, effervescing.

Borrone.—Italy, Tuscany, near Montalto.

Ferruginous waters, 65° F.

Special indications : Disorders of the digestive and urinary organs.

Borsa.—Hungary, comitat of Mármaros.

Cold alkaline ferruginous waters.

Special indications : Jaundice, and disorders of liver and spleen.

Borsaros.—Transylvania.

Ferruginous bicarbonate waters, 45° F.

Special indications : Rheumatism and herpes.

Borschom.—Russia, Russ. Georgia, on the Kura; 2,630 feet above the sea level, near Pjätigorsk.

Alkali-saline waters, 75° to 95° F.

Special indications : Gravel, affections of the mucous membrane of the respiratory, digestive and urinary organs; hyperæmia of liver and spleen; hæmorrhoids and plethora abdominalis, as also disorders of uterus and ovaries.

Borschom is very quiet, and the surrounding country wild. The accommodation is good, and residence agreeable.

Doctor : Dr. Remmert.

Borszek.—Austria, Transylvania, on the Moravian frontier in a valley of the Carpathians; 2,400 feet above the level of the sea.

Alkali-saline waters, highly charged with gas; mud baths.

Special indications : Affections of the uterus, atony, paralysis, liver and spleen; disorders, gravel and vesical complaints.

A good bathing establishment.

The climate is very trying and variable. Borszek is the most important watering place in Transylvania. The water is largely exported. Accommodation abundant, and in accordance with modern requirements.

Doctors : Drs. Czeli and Fajer.

Bottaccio.—Italy, Tuscany, near Castelnuovo-Berrardenga.

Sulpho-ferruginous waters.

Special indications : Affections of the uterus, amenorrhœa, chlorosis.

Botzen.—Austria, Tyrol.

Air cure station ; grape cure.

Hotel : Victoria.

Boudes.—France, Puy de Dôme, near Issoire.

Bicarbonate alkaline waters, 35° F., mineralisation, 4 to 9 grs.

May possibly in the future become an important spa.

Boulogne-sur-Mer.—France, Pas de Calais.

Sea baths, and one ferruginous saline spring.

The Casino faces the bathing establishment. There is a Theatre. Fine view from belfry. There is an English college and many English schools and churches ; in fact, the town may be said to be half English.

Bookseller : Merridew, 60, Rue de l'Ecu.

Doctors : Drs. T. A. Phillip, Carr, Borgain, Patin, Gros.

Hotel : des Bains, de Londres.

Boulou (Le).—France, Pyrénées Orientales, near the Spanish frontier.

Alkaline waters similar to those of Vichy, and ferruginous to those of Spa.

Special indications : Anæmia, obesity, chlorosis, gravel.

Doctor : Dr. Massot.

Bouquéron.—France, Isère, near Grenoble.

Alkaline waters similar to those of Evian.

One of the best appointed hydro-therapeutic establishments. Terebinthine baths.

Special indications : Affections of the urinary organs, bladder, liver and kidneys.

Bourasol.—France, Haute Garonne, near Toulouse.

Ferruginous bicarbonate waters, 40° F.

Bourbon l'Archambault.—France, Department of Allier ; altitude, 900 feet. For routes see table.

Bromo-iodurated saline waters, 125° F. ; bicarbonate ferruginous magnesian waters, 120° to 160° F., highly gaseous.

Special indications : Scrofula, rheumatism, paralysis, nervous affections.

The bathing establishment is the property of the Government. There is a civil and military hospital.

Doctors : Drs. Regnault, Carnat, and Prevost.

Hotels : *France, Parc, and Montespan,*

Bourbon-Lancy.—France, Saone and Loire. For routes see table.

Six thermal saline ferruginous springs, from 66° to 135° F.

Special indications : Scrofula, chlorosis, paralysis, syphilis.

These waters stimulate mucous secretion ; when taken in large doses they are purgative ; also tonic and alterative.

Doctor : Dr. Valentini.

Bourbonne-les-Bains.—France, Haute Marne ; 850 feet above the sea level. For routes see table.

Bromo-iodurated saline waters of 119°, 138° and 180° F.

Special indications : Scrofula, paralysis, rheumatism, catarrh of the stomach and constipation.

The new establishment is replete with all appliances.

There are some fine promenades, and the excursions are very interesting.

Doctors : Drs. Bougard, Ballet, Cabasse and Maguin.

Hotel : *Hotel des Bains.* Lacordière, proprietor.

Bourboule (La).—France, Auvergne, Department of Puy de Dôme ; 2,850 feet above sea level ; 1,400 inhabitants. For routes see table.

Effervescent saline arsenical waters (28 milligr. arseniate of soda per litre), 140° F. Springs : Choussy and Perrière.

Season : 25th May to 30th September.

Number of Visitors : Above 9,000 annually.

Special indications : Anæmia, lymphatism, affections of the skin and respiratory organs, diabetes, rheumatism and fevers.

There are three bathing establishments, thoroughly well fitted up and ably managed.

La Bourboule is situated in the midst of the most lovely scenery in the Auvergne. The treatment of skin diseases, and cases requiring an alterative form of treatment, is here successfully carried out.

The agents in England for the waters in bottle are Messrs. Ingram and Royle, 52, Farringdon Street, London.

The Casino has been lately finished ; concerts are given daily ; all sorts of amusements, including lawn tennis.

English Church service.

Doctors : Drs. A. W. Gilchrist (English), Morin and Verité.

Hotels : *The Grand Hôtel Bellon and des Iles Britanniques, Hôtel de Paris.*

Bourg d'Ault.—France, Department of Somme.

Sea baths, near Abbeville.

Bourg d'Oisans.—France, Isère, near Grenoble.

Cold neutral waters.

Bournemouth.—England, Hants; population about 38,000; 2½ hours from London by express.

Cold ferruginous waters and sea baths.

A watering-place much frequented on account of its first-class accommodation for visitors, excellent sea bathing, and more especially for its dry and equable climate. Although warm in winter (average mean temperature 42° F.), the summer heat is not excessive, owing to the prevalence of local sea breezes. The average rainfall is 28·73 inches.

Health Resort: Mont Dore, the hydropathic establishment, Southcliffe, Dr. Philpots.

Amusements: Pavilion and winter gardens, with bands playing daily. Trips by sea to various coast towns, coaches and char-à-bancs to all principal places of interest in the neighbourhood, such as Corfe Castle, the New Forest, &c.; also Public Tennis Courts, and many pleasure-grounds, of which the Gardens, comprising 131 acres, are the largest in England. Golf links under the control of the corporation have now been opened.

Doctors: Drs. Snow, Davison, Gregory White, Greeves, Embleton, Frost, Hardy, Scott, Tebb, and Philpots.

Hotels: Bath, Newlyn, Grand, Highcliffe, Metropole, &c.

Bourtscheidt, sometimes spelt **Borcette**.—Germany, a suburb of Aix-la-Chapelle.

Chloride of sodium and sulphurous waters, from 107° to 190° F. The water of Bourtscheidt is said to be the hottest in Europe, not excepting the Iceland Geysers. It is weak in saline constituents, and is not much used medicinally.

Special indications: Rheumatism, scrofula, syphilis, neuroses and gout.

Doctors: Drs. Hammelsheim and Schroder.

Hotels: De la Rose, Charles, Newbath.

Bowness.—England, situate on Lake Windermere.

Hydropathic establishment, known as The Windermere.

Hotels: Old England, Crown, &c.

Braga.—Portugal, province of Minho.

Sulphurous and ferruginous waters.

Bramstedt.—Germany, Holstein, near Hamburg.

Three springs: one saline, one sulphate of soda, and one chalybeate.

Doctor: Dr. Paul Wulf.

Brannenburg.—Germany, Bavaria near Kufstein, 1,600 feet above the sea level.

Climatic air station. Whey cure.

Doctors: Drs. Glasser and Meyre.

Braque.—Spain.

Bitter waters, 55° F.; mineral muds.

Special indications: Chronic skin diseases, scrofula, leucorrhœa, amenorrhœa, anchylosis and chronic effusions.

Bräsa.—Roumania.

Saline sulphurous waters, 55° F.

Little visited.

Braunfels.—Germany, Rhenish Prussia, near Coblenz.

Resinous steam baths.

Special indications: Rheumatism, gout, chronic skin diseases, mucous discharges, especially in females; menstrual difficulties.

The bathing arrangements are of a superior kind. Accommodation very good. The surrounding country is charming.

Doctors: Drs. Bohucke, Stephan.

Bray.—Ireland, Counties Dublin and Wicklow.

Sea baths, sandy and gravelly beach.

There is also a mineral spring, which, however, is little used, its exact composition not being known.

Doctors: Drs. Wade, Drew, Jones and Hansord.

Bréb.—Hungary, comitat of Marmarós, district of Sugatagh.

Saline sulphurous waters, 60° F.

Special indications: Muscular contractions and gout.

Bregenz.—Austria, Tyrol, on the eastern extremity of the Lake of Constance, 1,903 feet above the sea level. 5,500 inhabitants.

Climatic station in summer, with mild and equable air.

Chiefly a centre for excursions.

The old town is very interesting from its ancient buildings. It is surrounded by pine and beech forests, which fill the air with their odour.

Bathing establishment on the lake, near the "Reichstrasse." The walks in the immediate vicinity of the town are well kept and longer excursions of endless variety may be made. There is a museum in the Riedgasse, containing many interesting specimens of the fauna and flora of the districts, with many antiquities and prehistoric relics.

Post Office: Near the station and the port.

Telegraph Office: Römerstrasse.

Bookseller: Teutsch Sohn.

Doctors: Drs. Bär, Von Honstetter, Müller and Heusler (Homœopath).

Hotel: Hôtel d'Autriche.

Breidablik.—Norway, Valdres.

Climatic air station, 1,969 feet high.

Forest and mountain air.

Doctor: Dr. H. Evjen.

Bresigala.—Italy, near Faenza.
Sulphurous waters.

Brest.—France, Department of Finisterre. Pop. (1881) 69,000. Summer tourist resort.

A fortress and fine naval port, with an inner and outer harbour. The tide rises about 19 feet. Very damp climate, but much visited for the interesting surroundings. Some sea-bathing.

Post Office: Rue Traverse.

Telegraph Office: Rue St. Yves.

Doctor: Dr. Garnier.

Hotel: Continental.

Brestenburg.—Switzerland, Canton Argovie.

Hydropathic establishment open all the year round, fitted with massage appliances; electric baths, &c.

Doctor: Dr. Münch.

Brevine La.—Switzerland, Neuchatel.

Ferruginous waters.

Brides-les-Bains (FRENCH CARLSBAD, near Aix-les-Bains).—France, Savoy, 1,800 feet above the sea level. Railway station at Moutiers, where omnibuses meet all trains. For route see table.

Alkali-saline waters, 95° F., with a purgative and tonic action; containing some iron, chloride of sodium, magnesia and calcium; complete hydropathy drinking, baths, douches, natural steam, etc.

Season: 15th May to 1st October.

Special indications: Gout, diabetes, obesity, gravel, liver complaints, splenic obstruction, abdominal plethora, constipation, chronic diarrhoea and dysentery, piles, migraine, cerebral congestion, uterine diseases, special kind of chronic rheumatism, indigestion, dyspepsia, &c., &c.

The waters, which should be taken in the morning before breakfast, in doses of from 1 to 3 glasses per day, are tonic and aperient in their effect; in stronger doses of from 4 to 8 glasses per day, they become laxative and purgative. They have one immense advantage, as they can be taken daily, and for a long period, as a slight purgative, without causing the irritation produced by other more active waters, after the first few days. They bear travelling well, and keep without alteration for a long period.

The village, situated on the banks of the River Doron, is pretty, and now that the new railway from Albertville to Moutiers is open, is easy of access. Surroundings are very picturesque, and there is a Casino, with reading, concert, ball, billiard rooms, tennis, &c., &c.

The purgative salts obtained by evaporation are the property of the Administration, as is also the Brides water, with strengthening and purgative action. All orders should be addressed, Directeur des Etablissements, Brides-les-Bains.

The salts should be taken fasting; they have a laxative effect in doses of about one to two teaspoonfuls, but in larger

doses, such as four or five teaspoonfuls, they have a marked purgative action. They can be taken dissolved in cold water, but warm water is preferable.

Post and Telegraph Office.

Doctors: Drs. Delastre, Desprez, Gonthier, Laissus, and Philbert.

Hotels: *Grand Hôtel des Thermes* (every Sunday, English divine service).

Bridge of Allan.—Scotland, Stirlingshire.

Climatic station in summer; also saline waters at Airthrie Wells, 45° F.

Special indications: Stomach and liver complaints, skin diseases and scrofula.

Very many interesting excursions can be made in the environs. Picturesque site; climate mild and equable; air dry.

Doctors: Drs. Paterson, Compson, Haldane, Robertson and Fraser.

Bridge of Earn.—Scotland, Perthshire, near Perth.

Highly effervescent saline waters, 45° F., at Pitkeathly.

Special indications: Plethora, calculus, syphilitic and liver affections.

Doctor: Dr. Laing.

Bridlington-Quay.—England, Yorkshire.

Sea baths and chalybeate waters.

Sandy and shingly beach, air pure and bracing.

Doctor: Dr. Godfrey.

Bridport.—England, Dorsetshire.

Sea baths, firm, sandy beach, bracing climate; the bathing is, however, dangerous for those unable to swim.

Doctors: Drs. Evans, Hay, and Reid.

Brieg.—French Brigue—Switzerland, Canton of Valais, on the right bank of the Rhône, at the foot of the Simplon and Furca Pass. Terminus point of the Jura-Simplon Railway.

Sulphate of lime springs, 105° F.

Special indications: Blenorrhœa, constipation, chronic rheumatism and skin diseases.

Notwithstanding the proximity of glaciers, the climate is very mild, and in the valley even tropical fruits ripen. Visited so long ago as the fourteenth century, it has been neglected of late, owing to the proximity of Leuk.

Hotel: *Hotel Crown* and *Post*.

Brienz.—Switzerland.

Climatic air station.

Doctor: Dr. Koerber.

Brighton.—England, Sussex.

One of the best sea-bathing places in the United Kingdom. In the neighbourhood is a sulphate of lime and iron spring.

Special indications : Anæmia, chlorosis, affections of the respiratory organs, skin diseases, scrofula, general debility, and nervous affections.

This bathing-place has risen steadily in public favour since George IV.'s time, and has competed successfully with Bath in attracting fashionable and aristocratic society. The town offers every luxury and comfort. The climate is mild and very favourable to patients. But little visited by foreigners. For persons subject to lung and throat affections the air is too bracing, although the temperature of the sea-water is from 60° to 65° F.

Warm baths, especially the large swimming baths, are used more than the open sea bathing. Indian shampooing baths have been erected by a native of India, and are replete with every luxury and comfort. They are, as regards the shampooing, very similar to Russian steam baths, but differ in that aromatic vapours are used instead of steam. Brighton is a well-known station for yachting, and, in fact, for amusements of every kind.

Doctors : Drs. Addison, Barnett, Barker, and many others.

Hotels : *Métropole, Grand, Bedford, Norfolk, and Pier.*

Brindisi.—Italy, province of Lecce.

Sea baths ; sandy beach.

Brixen.—Austria, Tyrol, 30 m. from Brenner Pass, 1,934 feet above the sea level.

Considered an air-cure station. Ferruginous waters.

Hotel : *Elephant.*

Brixham.—England, Devonshire, near Torquay.

Climatic station. Season, October—April.

Doctors : Drs. Elliot, Hayward, Searle, Bartlett and Underhay.

Broadstairs.—England, Kent, between Ramsgate and Margate.

Sea baths ; sheltered and sandy beach.

Climate healthy and bracing.

Season : June to October.

Doctors : Drs. Walter, Brightman, Cresswell, Hands, and Raven.

Hotel : *Grand.*

Bronia.—Italy, Tuscany, district of Montale.

Indifferent waters, containing chiefly sodium.

Little visited ; no bathing establishment.

Brotterode.—Germany, Thuringia, near Schmalkalden ; 1,800 feet above the sea level.

Climatic air station, resinous baths.

Doctor : Fr. Mansfeldt.

Broughty Ferry.—Scotland, Forfarshire.

Sea baths.

The good establishments, comfortable accommodation, &c., attract large numbers of visitors.

Doctors : Drs. Gowans, Grant, Mackness, &c.

Bruca (La).—Italy, Sicily, near Catania.

Cold sulphurous waters.

Little used and no establishment.

Brückenau.—Germany, Bavaria, near Kissingen.

Chalybeate springs.

Special indications : Anæmia, uterine diseases, affections of the mucous membranes.

Doctor : Drs. Wehner, Fuchs-Gasbert, van Neiss.

Hotel : *Kurhäuser* ; all are under Government management.

Brughéas.—France, Allier, near Vichy.

Bicarbonate of soda waters.

Bruneval.—France, Department of Seine Inférieure, from Paris *via* Les Ifs and Le Havre.

Sea baths ; sandy beach.

A quiet and aristocratic place.

Brunnen.—Switzerland, Canton, Schwyz.

Climatic air station.

Hotel : Waldslatterhof.

Doctor : Dr. Schœlbert.

Brusa.—Turkey, Asia-Minor, 57 miles south of Constantinople, one of the most flourishing towns in the Ottoman Empire.

Alkali, saline and sulphurous waters, varying in temperature from 55° to 170° F.

Season : All the year round.

Special indications : Skin diseases, gout, rheumatism, syphilis, ankylosis, chronic sores.

Brusa is the most interesting and the cleanest city in the East. It is situated in the ancient Kingdom of Bithynia, in a very beautiful country at the foot of Olympus, which is 4,500 feet high. The most interesting object in the town are the baths ; as many as 3,000 springs are said to exist in and round the city.

Amongst the bathing establishments, "Ieni-Kaplidscha" is the most interesting and best appointed, both in its interior and its architecture. It is generally called the "New Bath." The cisterns, basins, walls and seats are all of white marble ; light enters from cupolas. There are seven public baths, all fitted with such splendour and elegance, that this establishment may fairly be said to have no rival either in Europe or the East. The arrangements are, however, limited to the Turkish, *i.e.*, perspiration baths.

The waters are exclusively used in bathing, and are not taken internally. Their high temperature and the steam in which the bather is enveloped during the whole process make these baths pre-eminently "Turkish" or "Steam baths." The greatest luxury is everywhere met with.

There are two or three other establishments with very good arrangements, and a large number of inferior ones.

Brusznó.—Hungary, district of Sohler.

Sulphate of soda waters, 45° to 50° F.

A much frequented watering-place.

Brüttalen.—Switzerland, canton Berne; 1,360 feet above the sea level.

Alkali saline ferruginous waters.

Special indications: Constipation, congestion, hypochondria, hysteria, jaundice.

Brussels.—Capital of Belgium, from Paris by North of France Railway, *via* Maubeuge; from London *via* Ostende in 8½ hours.

Brussels is a very old town, and offers many attractions to visitors. The higher town is inhabited by the wealthy classes, and the lower by the artisan. The former is exclusively French and modern, while the latter retains its mediæval character much as Bruges, Ghent, and Antwerp do. Brussels is often spoken of as "le petit Paris."

OBJECTS OF INTEREST: Cathedral St. Gudule, King's Palace with picture galleries, Palace of the Comte de Flandres (King's brother). Palace of the Nation, Palais Ducal of the Prince of Orange. Avenue Louise and Bois de la Cambre; the latter is considered finer than the Bois de Boulogne in Paris. Church of Notre Dame de la Chapelle, Exchange and Town Hall, Palais de Justice (Law Courts), Palais des Beaux-Arts. National Bank, museum, Palaces of the Dukes of Arenberg and De Ligne; Wiertz gallery of pictures, Mint, Gallery St. Hubert, Théâtre de la Monnaie. The Squares and Boulevards, Zoological and Botanical Gardens, Guild house. Many statues and fountains, amongst the latter the Mannekin Pis. Conservatory of Music, St. John's Hospital.

EXCURSIONS: To Laeken and Waterloo.

Post and Telegraph Office: Temple des Augustins, Boulevard Anspach.

CABS: 1 fr. for first half-hour, and every ¼ hour 40 c. more, for one-horse carriage; two-horse carriages 2 frs. first ¼ hour, every ¼ hour 50 c. more.

Doctors: Drs. Collignon, Thomson and Kelly.

Hotels: *De l'Europe, Mengelle, de Saxe, de Suède.*

Bubendorf.—Switzerland, near Basle; 1,200 feet above the sea level.

Earthy waters.

A very good establishment, with sitz, shower and vapour baths.

Buca dei Fori.—Italy, Tuscany.

Sulphurous saline waters, 97° F.

No establishment. No accommodation.

Buchenthall.—Switzerland, Canton St. Gall; altitude 1,700 feet.
Hydropathic establishment.
Doctor: Dr. Wollensack.

Buchwald.—Germany, Silesia, near Kirschberg.
Climatic air station.
The park of the castle is open to visitors. Quiet and unpretending.

Buclesore.—India, Bengal.
Springs forming a small sulphurous brook, 50° F.

Budapest.—Austria-Hungary. Reached *viâ* Paris by Orient Express to Vienna, and on to Marchegg or Brück.
Thermal saline, ferruginous and sulphurous waters.
Special indications: Diseases of women.

Budapest, the capital of Hungary, comprises the joint cities of Buda and Pest, and has an increasing population, now numbering upwards of half a million. Buda is on the west side of the Danube, Pest on the east, the two towns being connected by chain, stone and iron bridges. Buda, the old town, is pregnant with historical associations. Here also are found important mineral springs, the chief of which are *Æsculap* and Hunyadi Janos, both justly famed for their therapeutic qualities. The large bottling establishment from which the *Æsculap* water is exported is under English management; the chief ingredients of this water are Glauber and Epsom salts; it is agreeable to the taste and in great demand.

About three miles from Buda is the Elizabeth Saltbath, the waters of which are extensively employed for women's diseases. At the Margaret, on the Danube, is the Margath Bath. There is a variety of mineral springs; among the principal are the Raiczenbad, Kaiserbad, Lucesbad, and Rudasbad.

The new town of Pesth is low, but has fine streets, which are well laid out and arranged. It is full of important museums, churches, picture galleries, &c.; it has also a fine University and Parliament House. Among the numerous medical men are many university professors, such as Profs. Koraingi, Regmarsky, Tauffer, Lanfenauer, Bokai, &c.

English Consul: Sir A. Nicholson.

English church service at Hotel Hungaria.

Hotels: Hungaria, Queen of England, National, Continental, Pannonia, &c.

Bude.—England, Cornwall, 10 miles from Holsworthy Station on the London and South Western Railway.
Sea baths.
Doctor: Dr. King.

Budimir.—Austria, Bosnia.

Saline waters, of high therapeutic value.

Accommodation is only afforded in the Khan, a building in the style of an Eastern Karavanserai. Provisions must be brought by visitors.

Budis.—Hungary, comitat of Arva-Turóc.

Very strong alkaline chalybeate waters. Only used as table waters. Exported.

Budleigh-Salterton.—England, Devonshire, near Exmouth.

Sea baths, gravelly beach.

Air very pure. Climate mild but bracing.

Doctors: Drs. Mercer, Bell, Christopher, and Evans.

Budos-Hegy.—Austria-Hungary, near eastern border of Transylvania.

Thermal sulphurous springs and sulphurous exhalations.

Büdöstö.—Hungary, Transylvania.

Sulphur waters, 40° F.

A popular bathing resort.

Buenafuente.—Spain, province of Guadalajara, near Molina de Aragon.

Hot sulphurous waters, not yet analysed but very abundant.

Very primitively used.

Bugarin.—Spain, province of Pontevedra, near Tuy.

Saline waters.

Special indications: All urinary complaints. No establishment, and only used by the surrounding inhabitants.

Builth Wells.—The Park Wells, Breconshire, S. Wales.

Reached by L. & N. W. R., Euston to Builth Road, thence one mile; or by G. W. R. and Cambrian Railways, *via* Gloucester and Threcocks.

First and second class pump rooms, hot and cold baths, and Boarding-house.

Saline, Chalybeate and Sulphur springs of very superior quality. The solid contents of the Saline water per imperial gallon amounting to 1138·977 grains.

As a Health Resort, on account of its mild salubrious climate and beautiful scenery, the town of Builth Wells, or *Buallt* (its ancient name), cannot be surpassed; it already possesses comfortable lodging and hotel accommodation, commanding enchanting views of the River Wye, upon which rowing boats for recreation can be obtained during the season (June to October). The town is situated close to Builth Wells Station on the Cambrian Railways.

Doctors: Drs. Fry, Bates, Bennett and Jennings.

Bujak.—Austria-Hungary, comitat of Neograd.

Sulphurous waters, containing much free sulphur.

No establishment and no accommodation.

Bulgnéville.—France, Vosges, near Contrexéville
Mixed bicarbonate waters.

Bullycome (Le).—France.

Sulphate of lime waters, 145° F. This spring emits large quantities of carbonic and hydro-sulphuric acid gases.

Buncombe.—America, U.S., North Carolina, in county of same name.
Thermal sulphur springs, 95° F.

Bundoran.—Ireland, Donegal, near Enniskillen.

Sulphurous waters at Kinlough.

Sea baths, sandy beach, with excellent bathing.

Doctor : Dr. Flood.

Buntschibad or Weissenburg, Switzerland.—(*See* Weissenburg.)
Alkali-saline waters.

Burgas.—Spain, province of Orense.

Indifferent bicarbonate, slightly alkaline waters, 150° F.

Special indications : Rheumatism, gout, gravel, calculus, and all kindred complaints.

No arrangements for visitors.

Burgbernheim.—Germany, Bavaria, 16 m. from Anspach.

Sulphate of magnesia waters.

Doctor : Dr. Werr.

Burnham.—England, Somersetshire, on the Bristol Channel.

Saline ferruginous waters ; sea baths and fine sandy beach.

Doctors : Drs. Matthews, Glanville, Piers, &c.

Burrone.—Italy, Tuscany, near Arceno.

Ferruginous bicarbonate waters, 40° to 45° F.

Buschbad.—Germany, Saxony.

Cold sulphurous springs.

Bushey.—England, Hertfordshire, near Watford, one hour's ride from Euston Station, London ; coach daily from "Hotel Victoria" at 11 a.m.

A climatic station in summer and spring ; pure and bracing air. Turkish baths and general hydropathy.

Season : All the year.

Special indications : Morbus Brightii, rheumatism, affections of the respiratory organs, constitutional diseases, ankylosis, muscular contractions and articular swellings, debility, nervous circulatory disorders and lumbago.

Hydropathic establishment : The Hall, Dr. Banning, J.P., Resident Medical Superintendent.

Busignargues.—France, Department of Hérault.

Ferruginous bicarbonate waters, 40° F.

Busk.—Russia, Poland, near Cracow.

Saline, sulphurous, acidulous waters, 45° F. Three springs.

Special indications : Disorders of liver and spleen, mercurial intoxication, chronic rheumatism.

Doctor : Dr. Dynmick.

Bussang.—France, Vosges, near Remiremont. For routes see table.

Ferruginous, magnesian, alkaline waters, for table and bath use.

Special indications : Chlorosis, anæmia, dyspepsia, chronic diarrhœa, gastralgia, vesical catarrh, nephritis, gravel and gout.

Season : From June 1st to September 31st.

Doctors : Zeller and Onimus.

Büsum.—Germany, on the coast of Holstein, near Tönning.

Sea baths, with sandy beach.

The bathing arrangements are good.

Doctor : Dr. Barbrock.

Butterby.—England, 2 miles from Durham, on the river Wear.

Saline and sulphurous waters, 50° F.; there is also a bicarbonate of lime spring.

Special indications : For the sulphurous waters, skin diseases, scrofula, rachitis; for the bicarbonate spring, kidney and bladder affections.

A picturesque site, with mild climate.

Buyères de Nava.—Spain, province of Oviedo, at the foot of the Peña Mayor, on the left bank of the Pla; 700 feet above sea level.

Sulphurous and carbonate of lime waters, 62° F.

Season : July—October.

Special indications : All kinds of skin diseases, scrofula, syphilis, mercurialism, vaginal and vesical catarrhs, bronchial and laryngeal affections.

The establishment is one of the most sumptuous of Spain, and fitted with all modern appliances and luxury. The gardens are magnificent. Accommodation is abundant, luxurious, and moderate in price.

Doctor : Dr. Gavilanes.

Buxton.—England, Derbyshire. By Midland Railway from St. Pancras, London, in four hours.

Carbonate of lime waters, 82° F.

Special indications : Anæmia, chlorosis, affections of kidney and bladder, blennorrhœa, eczema, chronic diarrhœa, chronic sores, &c.

The average number of bathers during the past 20 years has exceeded 62,000 per annum.

The environs are very picturesque. Many old castles are still existing in the neighbourhood, such as Chatsworth, Haddon Hall, Old Hall, &c.

Hydropathic establishments, Buxton Hydropathic, Peak Thermal, Clarendon House.

Doctors: Drs. Bennet, Turner, Robertson, Flint, and many others.

Hotels: Crescent, St. Ann's, Royal, &c.

Buzias.—Hungary, district of Temesvar.

Five springs, all cold, containing chloride of sodium, iron, carbonic acid, &c.

Special indications: Scrofula and failing vitality.

Buzias is one of the best frequented stations in Hungary.

Doctors: Dr. Wittner, Pataky, and Hoidt.

Buzot.—Spain, province of Alicante, 2 hours from Alicante.

Sulphate of magnesia springs, 100° F.

Special indications: Rheumatism, herpes, sciatica, paralysis and leucorrhœa.

There are natural sweating baths at Buzot.

Season: May 1—November 1.

The site is very picturesque, and the slopes of the hills are covered with lovely gardens and villas. The scenery is remarkably fine.

The establishment, which belongs to Count de Casas Rojas, is magnificent, and is fitted with every modern appliance, and must be ranked among the best in Spain. The accommodation is in keeping, and notwithstanding the degree of luxury, prices are moderate. A residence very agreeable.

Doctor: Dr. Lopez.

Bykowicz.—Russia, Ukraine, Government and Province of Charkow.

Alkali-saline waters. Very powerful, and used chiefly for exportation.

Cabeça da vida.—Prov. Alemtejo, Portugal.

Bicarbonate of soda waters, 68° F.

Special indications: Diabetes.

Cabeza del Buey.—Spain, province of Badajoz, near Castuera.

Bitter and ferruginous waters.

Special indications: Stomachic complaints, neuralgias, chlorosis, anæmia.

Cabourg.—France, Department of Calvados.

Sea baths; good beach.

A fine casino, and well-frequented station.

Caccio Cotto.—Italy, Tuscany, district of Volterra, on the northern slopes of Monte Cerboli.

Sulphurous-alkaline waters, 80° to 90° F., rich in sulphur.

A large and elegant bathing establishment, with hotel adjoining.

Cadéac.—France, Department of Hautes Pyrénées.

Cold sulphurous waters.

Special indications : Rheumatism, anæmia.

Doctor : Dr. Fontau.

Cadenabbia.—Italy, Lake of Como, facing Bellagio.

A climatic health resort.

Very pure and healthy air.

Doctor : Dr. Spurway (summer only).

Hotel : Hotel Belle Vue.

Cadiz.—Spain, west of Gibraltar, in Andalusia.

Sea baths ; indifferent beach.

The establishments are fairly well arranged.

Caille (La).—France, Haute Savoie, near Annecy.

Sulphate of lime waters, 72° F.

Special indications : Struma, herpes and rheumatism.

Cairo.—Capital of Egypt.

A winter station ; much resorted to by sufferers from diseases of the chest owing to the dryness of its air. A very interesting town.

Doctors : Drs. Williams, Grant-Bey, Murison and Sandwith.

Hotel : The New Hotel.

Calabor.—Spain, province of Zamora, near Sanabria.

Sulphurous waters.

There are two baths, which are much frequented, especially by the Portuguese.

Calais.—France, Department of Pas de Calais, opposite Dover.

Sea-baths.

Calais is a neat little town, built in the shape of an oblong parallelogram. It has wide streets, with houses built mostly of brick.

Post and Telegraph Office : Rue des Thermes.

Doctor : Dr. Daringhem.

Hotels : The Hôtel Dessein, de Londres.

Calañas.—Spain, province of Huelva, near Camino.

Bitter waters ; several springs not used.

Caldanella di Campiglia.—Italy, Tuscany.

Saline waters.

Caldaniccia.—France, Corsica, near Ajaccio.

Sulphate of soda waters, 90° F.

Caldas.—Spain, province of Orense, near Caicedo.

Cold and hot sulphurous waters.

Special Indications: Chronic rheumatism, lymphatism, skin diseases, chronic catarrhs, and abdominal obstructions.

Internally and externally used.

Caldas da Nossa Senhora do Pronto.—Portugal, Province of Beira.

Sulphurous waters, from 80° to 90° F.

Caldas (Las) de Besaya.—Spain, province of Santander, near Torrelavega.

Saline springs, containing chlorides, 90° to 95° F.

Special indications: Rheumatism, scrofula, gastralgia, leucorrhœa, ophthalmia.

The establishment is modern and very complete. Accommodation abundant and rather dear in price. There is also a kitchen in which visitors can prepare their own meals.

There is a Casino, with a theatre, ball room, concert, billiard, café, and gaming rooms, surrounded by a large park and pleasure gardens.

Doctor: Dr. Villafranca.

Caldas (Las) de Bohi.—Spain, province of Lérida.

Thermal springs, 100° to 110° F.

Composition various, chiefly sulphate of lime.

Doctor: Dr. Pano.

Caldas (Las) de Cuntis.—Spain, province of Pontevedra. For routes see table.

Twenty sulphate of soda springs, from 95° to 145° F.

Special indications: Herpes and rheumatism.

Doctor: Dr. Ortega.

Caldas (Las) de Estrac.—Spain, province of Barcelona, near Mataré.

Saline springs from 95° to 105° F.

Special indications: Rheumatism and gravel.

The establishment is comfortable and elegant, and well fitted with modern appliances.

Doctor: Dr. Calvo.

Caldas (Las) de Gerez.—Portugal, province of Entre Douro and Minho.

Sulphurous waters, 110° to 115° F.

Caldas (Las) de Malavella.—Spain, province of Jiron.

Alkaline waters, 145° F.

Special indications: Rheumatism and paralysis, chronic catarrhs, asthma, nervous affections of the stomach.

The establishment is adequate and accommodation abundant.

Doctor: Dr. Rabel.

Caldas (Las) de Mombuy.—Spain, province of Barcelona, near Granollers.

Saline waters, from 145° to 160° F.

Special indications: Paralysis, rheumatism, gout, syphilis and leucorrhœa.

There are eight different establishments, some of which are very elegant and comfortable. Accommodation very abundant, and reasonable in price. The site is charming, and the place is much frequented by the inhabitants of Barcelona.

Doctor: Dr. Lleget y Cailá.

Caldas (Las) de Oviedo.—Spain, province of Oviedo. For routes see table.

Saline-alkaline waters, containing nitrogen, 105° F.; natural vapour baths.

Special indications: Pulmonary catarrh, consumption, rheumatism.

The establishment is elegant and modern. The environs are charming, and the climate is delicious. The accommodation is limited, but good, and prices are moderate. The site is very picturesque.

Doctor: Dr. Bonilla.

Caldas (Las) de Rainha.—Portugal, province of Estremadura.

Saline waters, 80° F. Also sulphurous waters. One of the most largely frequented of Portuguese watering-places.

Caldas (Las) de Reyes.—Spain, province of Pontevedra. For routes see table.

Sulphurous saline waters, 80° F.

Special indications: Rheumatism, paralysis, and herpes.

Doctor: Dr. Mosquera.

Caldas (Las) de Tuy.—Spain, province of Pontevedra, Galicia, on the Minho.

Sulphurous-saline waters, 112° F.

Special indications: Rheumatism, paralysis, gout.

The establishment is backward, but the site charming.

Doctor: Dr. Acosta.

Caldas (Las) Novas.—South America, Brazil, near Santa Cruz.
Thermal waters.

Caldiero.—Italy, between Vicenza and Verona.

Alkali-saline waters, 75° to 80° F.

Special indications: Constipation, obesity, liver and spleen disorders.

A very picturesque site, with many excursions. The springs are surrounded by walls, and form a small lake. No accommodation, and but few visitors.

Caldillas de San Miguel.—Spain, province of Salamanca, near Ciudad Rodrigo.

Saline waters, 65° F.

Caldini.—Italy, Tuscany.

Effervescent alkaline ferruginous waters, 90° to 95° F.

No establishment.

Calliano.—Italy, Piedmont.

Sulphate of lime waters, 40° F.

Callirrhoë.—Palestine, Vilayet Balka, near Mount Nebo.

Thermal sulphurous waters.

Special indications : Elephantiasis.

Caluz de l'Air.—Switzerland (near Aigle).

Climatic air station.

Calvello, or Acqua dei Poggetti.—Italy, Tuscany, in the valley of the Ombrone,

Effervescent alkaline waters, 90° F.

The country around is barren and uncultivated. The springs are little used, and that only by the surrounding inhabitants, as a protective against malaria.

Calw.—Germany, Würtemberg, in Black Forest.

Sulphurous ferruginous waters.

A small drinking establishment.

Very little known.

Doctors : Drs. Muller, Schiller, Zahn.

Calzada de Calatrava.—Spain, province of Ciudad Real, near Almagro.

Bitter waters.

Little used as baths. There is only a pond to bathe in.

Calzadilla.—Spain, province of Salamanca, near Ledesma.

Sulphurous saline waters, 65° F.

There is no establishment, and baths are taken in the open air.

Camarès.—France, Department of Aveyron, near Sylvanès.

Alkali-saline-ferruginous waters. Exported.

There is a good establishment and comfortable accommodation.

Cambo.—France, department of Basses Pyrénées three hours from Bayonne per diligence; 2,000 inhabitants; 180 feet above sea-level. For routes see table.

One sulphurous alkaline spring, with a temperature of 80° F., is rich in carbonic acid, sulphate of lime, magnesia, soda, arsenic and lithium. Ferruginous waters, at 60° F., effervescent, containing arsenic and phosphates, are more acid. Climatic and winter station.

Season : April to June, and September and October ; but open all the year.

Special indications : Chronic affections of the respiratory organs, bronchitis, emphysema, latent phthisis, catarrh of stomach and urinary organs, lithiasis and liver affections, herpes, scrofula, chlorosis, anæmia, cachexia, and during convalescence.

The situation of Cambo is charming, and the excursions and promenades numerous. The establishment is complete, containing a large swimming bath, douches, spray and inhalation rooms. It is open all the year round.

Post and Telegraph.

Chemist : Mr. Julion Pinsun.

Doctors : Drs. Juanchuto and Dotézac.

Hotels : *Grand Hôtel d'Angleterre*, open all the year round, and recommended for its comfort. A. Saint-Martin, proprietor.

The *Hôtel de Paris* and *de Londres*, first-class houses, facing the establishments. Constant Colbert, proprietor.

Camoins—France, Bouches du Rhone, near Marseilles.

Sulphate of lime springs, 35° to 45° F.

Campagne.—France, Department of Aude, near Limoux.

Two ferruginous springs, from 60° to 70° F.

Special indications : Dyspepsia, intermittent fever.

Campbeltown.—Scotland, Argyllshire.

Sea baths.

Much frequented on account of its mild climate and well-arranged establishments.

Campfer.—Switzerland, Engadine, half-hour's drive from St. Moritz village, and quarter of an hour from St. Moritz baths. 5,792 feet above sea level. See map at end.

Climatic station in summer, noted for its tonic and stimulating air.

Special indications : Anæmia, chlorosis, nervous complaints, failing powers of nutrition, phthisis.

Campfer is the first village reached by the diligences *en route* for Maloja from St. Moritz. It is warmer than the latter, and is situated in the midst of lovely mountain scenery ; it is a place much frequented by English tourists, who do not care for the "stir" of St. Moritz, nor to pay the high prices charged at the hotels there. It is a pleasant walk from St. Moritz, and on a summer evening a much frequented one. The early morning walk to St. Moritz from Campfer, to hear the band and drink the water, is said by many physicians to greatly assist in toning up the system. There are no English doctors here, and the village (vehicular traffic excepted) is unusually quiet. Many English doctors send their patients

here, and Campfer is usually quite full all the St. Moritz summer season. The Julier Hof Hotel, kept by Mr. Müller, although not very large, is always quite full of English visitors, most of them specially sent by medical men, and at this establishment is to be found an amount of comfort and attention which has earned it a well-deserved reputation. The *cuisine* is justly noted, and the proprietor is well up to his business.

Hotels: Julier Hof (see advt. at end), d'Angleterre.

Canal-grosso.—Italy, Tuscany, one hour from Calice.

Saline sulphurous waters, 50° F.

A small bathing establishment.

The Canaries.

An important group of seven islands, belonging to Spain, in N. latitude 28 deg., placed near the African coast, one day's sail south of Madeira, to which island they present a perfect contrast in dryness of atmosphere and clear skies, whilst preserving a perfect equability at a moderate temperature.

The winter station of Las Palmas, in Grand Canary, is perhaps the most important resort, where there is a break-water and perfect landing for invalids, an extensive sandy beach, telegraph, English church, and almost daily communication by steamers with England. No Customs duties. Splendid carriage drives.

Sta. Catalina and Fugus waters especially suited to splenic, hepatic, and dyspeptic patients.

Doctor: Dr. Taylor.

Hotels: English—Santa Cantalina, a well-built hotel with every comfort; also Quiney's. Spanish—Fonda del Europe. Good boarding houses and hotels at Orotava and Laguna in Teneriffe. Summer station at the Monte, amongst central mountains, 6,000 feet high.

Bankers and Merchants: Messrs. Blandy & Leacock, who have also brought the wines of the island to great perfection.

Winter temperature 64° F. Rainfall only 12 inches.

A good hotel has also been started at the interesting island of Palma, under Messrs. Elder & Dempster, but the best situations have yet to be explored.

The Canary Islands are now visited by the steamers of the Cape and New Zealand lines and many others; and, under subsidy of Government, two splendid steamers ply between the islands, and afford to invalids the opportunity of luxurious voyages in calm sub-tropical waters.

See also article on TENERIFFE.

Canaveilles, or Grans d'Olette.—France, Department of Pyrénées Orientales, near Prades.

Sulphate of soda waters, 130° F.

Candas.—Spain, province of Oviedo, 6 miles from Beraña.

Sea baths, with beach of finest sands and strong surf.

The climate is humid and fresh in summer. The surrounding scenery is fine, but residence rather quiet.

Candé.—France, Department of Vienne, near Loudun.

Waters contain sulphate of iron and silica (0.2988 silicious acid). Their action is laxative, resolvent, tonic and diuretic.

Candin.—Spain, province of Leon.

Bicarbonate of iron waters: action purgative.

Canena.—Spain, province of Jaen, near Baeza.

Bicarbonate of iron waters.

Canillejas.—Spain, province of Madrid.

Saline waters.

Cannes.—France, Department of the Maritime Alpes, on the Bay of La Napoule, about 20,000 inhabitants. For routes see table.

A Winter station of the very first importance, the season lasting from October till May.

Number of Visitors: Above 16,000 annually.

Special indications: Nervous debility, anæmia, chlorosis, phthisis, laryngitis, pharyngitis, rheumatism paralysis, gout, and diabetes.

The mean winter temperature is 50° F., but from 10 a.m. to 3.30 p.m., on even the coldest day, the thermometer rarely falls below 55° F. Humidity of air is 65%; mean rainfall, 88; mean barometric pressure, 760 mm. Rainy days during season (seven months), 44; sunny days, 108. Snow is exceptionally rare, and remains only a few hours even in the coldest winters.

The climate of Cannes, while being generally good for the cases specially indicated above, but more particularly for the early and middle stages of phthisis, presents some varying features which should be here mentioned. In close proximity to the sea, it is essentially tonic and stimulant, obtaining marvellous results in anæmia, &c., especially when unaccompanied by any acute symptoms. In the neighbourhood of Le Cannet it is sedative, and suitable for nervous disorders, spasmodic asthma, and other diseases of an irritable nature; while on the higher grounds of the California and the Croix des Gardes beautiful pine forests give out those healing and balsamic principles so well known for their beneficial effects on consumptive patients.

The artistic pottery manufactory of Clement Massier is at Golfe-Juan.

English Churches: Christ Church, at the West-end; Holy Trinity, at the East-end; St. Paul's, on the Boulevard du Cannet; and St. George's, on the Chemin de la Californie.

Post and Telegraph office: Rue Bossu.

Estate Agents and Wine Merchants: John Taylor & Riddett, 43, Rue Fréjus. Established 1864.

Dentist: A. Preterre.

Bookseller: B. Robaudy, Rue d'Antibes.

Chemist: Isaac B. Ginner, 40, Rue d'Antibes.

Bankers: John Taylor & Riddett, 43, Rue Fréjus.

Doctors: Drs. Duke, Frank, Brandt, Bright, Valcourt, Battersby, Gimbert, Blanc, Roustan Bultura, Giles, McDougall and McLaren (*lady doctor*).

Hotels: The *Beausite* and *Esterel* hotels, 300 rooms, beautifully situated in the west end of Cannes, and surrounded by an extensive garden; first-rate lawn tennis ground. Geo. Gougoltz, proprietor (*see advt. at end*).

Hotel Metropole. Beautifully situated, under the management of the Gordon Hotels Company.

Grand Hotel. Conveniently situated and well managed. R. Liebler, proprietor.

Hotel Paradis, Bristol, Richemont, and many others.

Cannstadt.—Germany, Würtemberg, near Stuttgart; 750 feet above the level of the sea. For route see table.

Forty different springs of saline and chalybeate waters, 50° F. These waters are stimulating, laxative, tonic, and diuretic.

Dr. Fischer's sanatorium for nervous complaints.

The climate of the valley of Cannstadt is mild and equable. Accommodation good.

Special indications: Anæmia and general weakness of the digestive organs.

Doctors: Drs. Blezinger, Pantlen, Veiel.

Hotel: *Grand Hôtel Herman.*

Cap d'Antibes.—France, Department of Alpes Maritimes; 30 minutes from Cannes and 1½ hours from Nice; ¼ hour's drive from Antibes Station.

Winter station and sea baths.

Season: November—June, especially autumn.

Doctors: As at Cannes.

Capri.—Italy; island in the Bay of Naples. For routes see table.

Winter station.

Air very pure and healthy.

Special indications: Bronchitis, phthisis, chronic pneumonia.

Doctor: Dr. Cerio.

Hotels: *Quisisana, de France.*

Caprifico di Valaspra.—Italy, Tuscany, between Casale and Fercole.

Alkali-saline-ferruginous waters, 50° F.

A very rough and barren country. No establishments.

Capuchina (La).—Spain, province of Málaga, near Molina.

Alkali-saline waters.

Special indications : Dyspepsia, gastralgia and affections of the urinary organs.

Capvern.—France, Hautes Pyrénées; altitude 1,400 feet; population 1,000. From the station to the establishment $\frac{1}{2}$ hour by omnibus. For routes see table.

Sulphate of lime waters, from 55° to 60° F.

Special indications : Gravel and gout.

The annual number of visitors is about 5,000.

Doctors : Drs. Delfau, Caseneuve and Bastin.

Hotel : The *Grand*.

Carabanchel.—Spain, province of Madrid, near Rejalgar.

Indifferent waters, rather superstitiously used.

Carbagnal.—Spain, $\frac{3}{4}$ hour from Valencia.

Sea baths, sandy beach.

The most fashionable of Spanish sea bathing-places. What Biarritz was under the Second Empire, Carbagnal is to-day in Spain. The baths form but a minor feature, fashionable people and elegant toilettes being the main attractions.

Carballino.—Spain, province of Orense.

Thermal waters, containing sulphate of soda, 80° to 85° F.

The establishment is very primitive.

Doctor : Dr. Barrio.

Carballo.—Spain, province of Coruña, near Santiago.

Sulphurous saline waters, 90° F.

Special indications : Skin diseases, rheumatism, scrofula, chronic gastralgias and vesical catarrhs.

The establishment is moderate. Accommodation abundant, ranging from 10 fs. to 20 fs. a day, *en pension*.

Doctor : Dr. Castells.

Carcanières.—France, Department of Ariège, near Foix.

Thirteen sulphate of soda springs. The management of these springs is by no means perfect.

Carlsbad.—Austria, Bohemia; 15,000 inhabitants; 1,214 feet above the level of the sea. For routes see table.

Alkali-saline waters, from 170° to 122° F., containing large quantities of sulphate of soda; every description of baths; whey cure; complete hydropathic treatment.

Season : 1st May till 1st of November, but open all the year.

Number of visitors : Varying between 28,000 and 30,000.

Special indications : Catarrh of the stomach, dyspepsia (indigestion), catarrh of the lower intestines, constipation, dysentery, affections of the liver and biliary ducts, sluggish liver, jaundice, biliary and urinary calculus, gravel, catarrh of the urinary organs, gout, chronic rheumatism, diabetes,

albuminuria, hæmaturia, hæmorrhoides, general obesity, neuralgia, migraine, metritis, sterility, hypochondriasis. The waters are contra-indicated in kidney diseases.

Carlsbad, a charming town amongst the pine and fir clad hills of the Erzgebirge, is situated in the north-western corner of Bohemia. Its reputation is world-wide, and it counts among its visitors patients from almost every corner of the Globe, especially Americans, English, French, Germans, Russians, Swedes, Turks, etc. On account of the influx of visitors during June and July it is advisable to engage rooms beforehand.

The natural springs of Carlsbad are 16 in number; the five principal are: The Sprudel 170° F., the Felsenquelle 140° F., the Mühlbrunnen 133° F., the Schloss-brunnen 130° F., and the Marktbrunnen 122° F. Their leading constituents are: Sulphate of soda, carbonate of soda, and muriate of soda, which give them a prominent position in modern therapeutics. Though drinking the waters constitutes the principal agent of the cure, experience has taught that the baths considerably increase the desired effect. To assist the operation, mineral mud, iron, vapour and douche baths are also prescribed, and the various bathing establishments are complete in their hydropathic and therapeutic arrangements.

At each of the principal springs are covered walks—colonnades or wandelbahn—much frequented in inclement weather to obtain the necessary exercise. A band, composed of celebrated musicians, plays during the drinking hours, thus assisting the cure by diverting the mind and enlivening the spirit. Another item in the beneficial effect of the cure are the beautiful walks and drives among the charming woods and picturesque hills and mountains of the environs of the town. The Curhaus is very fine; the classical concerts famous. An excellent theatre has been lately added. The reunions (balls and matinées) also add to the general enjoyment of a cure at Carlsbad.

The educational establishments are also up to the modern requirements, and the private tutors, both male and female, are duly reputed. The population is civil and obliging, and carriages, horses, donkeys, bath chairs, sedan chairs, etc., are very large in number and moderate in price. Special prospectus sent post free upon application to the Mayor of the Town.

During the autumn of 1890 the River Tepl rose to a great height and overflowing its banks broke over the city. Immense destruction was caused and many buildings destroyed, but everything is now again in good order.

English Church; St. Luke's.

Telegraph and Post Office, Markt Platz; also a Custom House, and luggage can consequently be registered through, thus avoiding the obnoxious examinations at the frontier.

House and Estate Agent: Benedikt frères.

Bank and Exchange Office: Benedikt frères, Alte Wiese.

Chemist: Eduard Lippmann, near the Mühlbrunn.

Booksellers: Hans Feller, Alte Wiese; B. Knauer, Markt Platz; F. Stark, Mühlbadgasse.

Doctors: Drs. Krauss, Kafka (homœopathic), Preisz, Hochberger, Neubauer, Fleckles, Abeles, Hassewicz, Grünberger, Pleschner, and Schnee.

Hotels: Grand Hotel Pupp, Angers, Goldener Schild, &c.

Carnarvon.—Wales, Carnarvonshire.

Sea baths, sandy beach.

Doctor: Dr. Davies.

Carratraca or Ardales.—Spain, Andalusia, province of Málaga, near Campillos; population 900.

Sulphurous waters, 64° F., containing arsenic and iron.

Special indications: Skin diseases and affections of the respiratory organs.

A delicious climate, fine situation; the season lasts from June to September, and the annual number of visitors amounts to 4,000. The arrangements here are in need of improvement.

Doctor: Dr. Salgado y Guillermo.

Hotels: *Colena, Fonda del Principe.*

Carteret.—France, Department of La Manche, from Paris *viâ* Valognes.

Sea-baths; sandy beach.

Carlsbrunn.—Austria, Silesia, near Freudenthal and Troppau; 2,380 feet above sea-level.

Highly effervescing ferruginous manganese waters, 45° F.; climatic station. Hydropathic.

Season: June, September.

Special indications: Debility of the generative organs in both sexes, sterility, impotence, affections of the brain due to overwork.

Doctor: Dr. Kubin.

Carlsruhe.—Germany, capital of the Grand Duchy of Baden, a few miles east of the Rhine. From Paris by East of France Railway, *viâ* Strasburg and Kehl; or by North of France Railway, *viâ* Erquelines, Namur, Cologne, Mayence and Mannheim.

One of the most attractive capitals, so far as situation, and external appearances go. The Ducal palace is the centre, from whence the streets radiate in all directions.

OBJECTS OF INTEREST: The Palace, with a Winter Garden 420 feet long, Conservatories and Botanical Gardens. The Kunsthalle, Polytechnic school, Friedrich Platz, with united collections of paintings, Museum of natural history, &c. Catholic church.

Doctors: Drs. Battlehner, Gutsche, Maier (oculist), and Tenner.

Hotel: *Hotel Germania.*

Casale.—Italy, Tuscany, valley of Cecina, near Bibbona.

Acidulous bitter waters. Exported.

Special indications: Affections of the urinary system, congestions of the head, giddiness, noises in the ears, deafness, affections of the eyes and chest, palpitation, dyspnœa, liver and spleen complaints, hypochondriasis and hæmorrhoids.

Casamicciola.—Italy, island of Ischia.

Indifferent waters of Gurgitello, 100° to 160° F.

Climatic station.

Season: May—September.

Special indications : Diabetes, nervous complaints, scrofula.

Doctor : Dr. Reitemeyer.

The bathing establishment and entire town were completely destroyed by the earthquake of July, 1883.

Casa Nuova.—Italy, Tuscany, near Triana.

Sulphurous waters, 50° F., with traces of iron.

No arrangements whatever for visitors.

Casares.—Spain, province of Malaga, three hours from Gibraltar.

Effervescent sulphurous saline waters, 55° F.

There is an hospital, and also some bathing establishments, but they are wholly devoid of comfort. Another serious drawback to the growth of the town is the bad roads and inferior means of communication.

Casa-Stronchino.—Italy, Tuscany, valley of Modigliano.

Saline bromo-iodurated waters, 49° F.

Very strongly mineralised, and only used externally. Poor accommodation.

Casciano (San).—Italy, Tuscany, Val d'Era, district of Montajone.

Sulphurous alkaline waters, 55° F.

Only used internally; they cannot be exported, as they soon become turbid.

Casino-delle Currigliane.—Italy, Val d'Arno, near Pontedera.

Saline waters, containing chloride of calcium in such large quantities that they can be used only externally.

Casola.—Italy, Tuscany, near the sources of the Magra.

Sulphurous-saline waters, 45° F.

The bathing establishment is in good condition, but visitors must not expect too much in the way of accommodation.

Casnefouls.—France, Department Aveyron.

Strong bicarbonate of iron waters.

Cassel.—Germany, former capital of the Electorate of Hesse, and now the capital of the Prussian province of Hesse-Nassau. From Paris by North of France Railway, *via* Cologne and Giessen.

Founded by the Landgrave Frederick II. The town is beautifully situated on both banks of the Fulda, and is one of the prettiest places in Germany.

OBJECTS OF INTEREST : The Ducal palace, Museum with its library and picture gallery, several churches, and many charitable and educational institutions.

EXCURSION : To Wilhelmshöhe, where Napoleon III. was detained in 1870-71. It is the Versailles of Germany, and is now owned by the Prussian Crown. This spot is well worth visiting. The waters play every Wednesday and Sunday. The highest fountain on the Continent here, one column 12 in. in diameter being projected 200 ft. high. One

of the most magnificent residences in Europe. The palace at the bottom of the hill. Colossal statue of Hercules and cascade of Karlsburg.

Dentist : Chas. Zimmer.

Doctors : Drs. Schmidt, Schotten and Lange.

Hotels : *Hotel König von Preussen* and *Schirmer*.

Castañar de Ilor.—Spain, province of Caceres, near Toledo.

Sulphate of iron waters. Mixed waters, 45° F.

Have to be taken in very small doses, as they are very much charged with iron.

Castle-Connell.—Ireland, Limerick.

Strong chalybeate waters.

Special indications : Jaundice, bilious disorders, ulcers.

Doctor : Dr. Ryan.

Castel-Doria.—Island of Sardinia, near Busachi.

Sulphate of lime waters, 160° F.

Castel-jaloux.—France, Department Lot and Garonne, near Neyrac.

Bicarbonate of iron waters.

Castellamare di Stabia.—Italy, province of Naples, on the southern coast of the Bay of Naples, looking northwards. 45 minutes by rail from Naples; 28,000 inhabitants. For routes see table.

Autumn and winter station. Sea baths. Chloride of sodium, bitter and sulphurous chalybeate waters.

Special indications : Obstructions of the liver and spleen, affections of the mesenteric glands, jaundice, dropsy, hæmorrhoids, herpes, urinary calculi, vesical catarrh.

Post and Telegraph Office : Town Hall.

English Church in Winter : Rev. D. Clark.

Doctors : Drs. Olivieri, Gentile, Somma, Scherillo and Fusco.

Hotels : *Hotel Royal*, entirely renovated; every home comfo from 7 fcs. a day. Address, Sacco, proprietor. *Hotel Stabi de Londres*.

Castelletto-Mascagni.—Italy, Tuscany, near Climsdino.

Bicarbonate, sulphurous and earthy waters, 55° F.

Only used externally; accommodation poor.

Castelletto d'Orba.—Italy, Piedmont, Province of Acqui, near Novi.

Sulphurous alkaline waters.

Castelnuevo.—Spain, province of Guadalajara, near Molina.

Hydro-sulphuric waters. Only used internally.

Special indications : Skin diseases and rheumatism.

Castelnuovo.—Italy, Piedmont, near Asti.

Sulphurous and iodine waters; the richest in iodine of of the Piedmont springs.

Castel San Pietro dell' Emilia.—Italy, province of Bologna, one hour from Bologna, carriages and omnibuses at the station.

Three springs of ferruginous, sulphurous and saline waters, 75° to 85° F. Natural steam baths.

Season : July—August.

Special indications : Chlorosis, anæmia, rheumatism, stomachic and intestinal disorders.

The establishment is deficient in comfort, but efforts have lately been made to put it on a better footing. There are some well-appointed hotels in the town. The country around is romantic, and abounds in well-kept walks.

Post and telegraph office, theatrical performances and concerts.

Doctors : Drs. Nella and Gatti.

Castera-Verduzan.—France, Department of Gers, near Auch.

Sulphate of lime springs, 60° F.; one is a cold chalybeate spring.

Doctor : Dr. Dupeyron.

Castiglione.—Italy, island of Ischia, near Casamicciola.

Saline waters, 175° F.

Only used internally. Very fine bathing establishments existed here in ancient times, as shown by their ruins.

Castro-Caro.—Italy, province of Florence. Rail to Forli, thence one hour's drive. Omnibus, 2 fcs. each person. Carriages, one horse, 5 fcs; two horses, 7 fcs.

Saline-iodo-bromide waters, very rich in iodine. In this respect, indeed, they are first among European iodurated waters. Douches, sitz, shower and steam baths, and inhalations.

Season : June—September; but open all the year round.

Special indications : Goitre, scrofula, rachitis, obesity, diseases of the female organs.

Two establishments, with all modern appliances, afford comfortable accommodation at a pension of 7 fcs. per diem.

The village has 2,000 inhabitants, and is charmingly situated. Mild and healthy climate. The variety of amusement which forms the great attraction of many other bathing-places is not to be found here, but instead of it quietude and repose which are so valuable in restoring health when impaired by city life. The number of visitors is very considerable.

Castro-Urdiales.—Spain, province of Santander, 47 miles from Santander.

Sea baths. Very large and fine sandy beach.

The immediate environs offer good opportunities for very interesting excursions.

Catania.—Italy, Sicily, on the east coast. For routes see table.

A winter station of first importance.

Ferruginous waters at Paterna.

Season : Middle of November till end of March.

Mean temperature in winter, 55° to 60° F. ; mean dampness, 72.5 m. ; amount of rainfall, 42.5 ; rainy days during season, 42 ; cloudless days, 103 ; air dry. The thermometer never falls below freezing point.

The drainage of the town is emptied into the sea. The smells are intolerable, and the sanitary condition of the place very defective. Visitors generally reside at the back of the town.

Doctor : Dr. Joris.

Catena.—Italy, between Pisa and Florence, on the Evola.

Alkali-saline waters, 55° to 60° F. Only used for baths.

Cati.—Spain, near Castellon de la Plana.

Carbonate of lime waters, 45° F.

Cattenaja.—Italy, district of Subiaco.

Highly effervescent ferruginous waters, 55° F.

No establishments and no accommodation.

Cauquedes.—Chili, near Santiago, by rail *viâ* Rancagua, 2½ hours by diligence.

Sulphurous and chalybeate waters, cold, tepid and hot ; also climatic mountain air cure station.

The spot is very picturesque and rocky, being surrounded by the majestic ranges of the Andes, which are here most imposing. The establishment consists of two square buildings, are well constructed, and surrounded by a large garden with shady walks. They are well managed and largely frequented.

Cauterets.—France, Department of Hautes Pyrénées ; 2,100 inhabitants ; 3,050 feet above sea level. For routes see table.

Sulphurous saline waters, 55° to 145° F. Climatic mountain station ; milk and whey cure ; the waters are rich in silicates, and have a sulphurous smell. They are milder than the Luchon waters, and comprise about 24 springs in all.

Season : 15th May to 15th October.

Number of Visitors : Above 20,000 annually.

Special indications : Affections of the mucous membranes, catarrh of the respiratory organs, phthisis in first and second stage, plethora abdominalis, laryngitis and glandular disorders, affections of the digestive organs, skin diseases, hepatic and splenic, as also uterine derangements, rheumatism, mercurial intoxication, struma.

The balneal appliances of the three principal establishments, “Thermes des Œufs,” “Grand Etablissement,” and “La Railère,” are of the most modern and complete kind on the Continent. The chemical constituents of the waters being, moreover, very complex, the list of ailments treated in Cauterets is a long one.

The small town itself is composed of about 300 houses, most picturesquely situated in a valley surrounded by lofty mountains. The climate is changeable and somewhat humid, but the temperature is steady, and the nights are delightfully cool and bracing. The sojourn is more agreeable here than at Luchon, where the heat in the day is almost unbearable. The waters and balneal appliances of Cauterets are also more efficacious and more complete.

There are two Casinos, with theatre, reading, ladies, concert, smoking and billiard rooms, the one in the "Etablissement des Eufs" being the most popular.

There is a very large field for excursions of interest. The promenades are well kept and abundant.

English church service.

Bookseller : A. Cazaux.

Chemist : Broca, Place St. Martin.

Doctors : Drs. Duhourcau, Bordenave, Flurin and Bouyer.

Hotels : *Grand Hôtel Meillon, Hôtel Continental, de France, l'Angleterre and Paris.*

Cauvalat-le-Vigan.—France, Department of Gard ; 700 feet above sea level. For routes see table.

Sulphate of lime springs.

Doctor : Dr. Champtier.

Cave.—Italy, Tuscany, district of Vico Pisano, near Oliveto.

Earthy saline waters 86° F., highly effervescent.

Special indications : Disorders of the urinary organs, gravel, calculus, chronic rheumatism, gout, skin diseases.

Caxamarca.—South America, Peru, near Trujillo.

Thermal waters, not yet analysed.

It was at these baths that the Inca Atahualpa had fixed his residence when Pizarro first appeared in Peru.

Cayeux.—France, Department of Somme, near Valéry sur Somme.

Sea baths, sandy beach ; very quiet place.

Cayla (La).—France, Department of Aveyron, near Andabre,

Cold bicarbonate of iron waters.

Doctor : Dr. Martin.

Caz-di-Bagno.—Italy, Valtelline, valley of Masino.

Sulphurous alkaline waters, 95° F.

The bathing establishment is old-fashioned, and the place but little visited.

Cecinella.—Italy, Tuscany.

Sulphurous ferruginous waters, 55° F.

No bathing establishments, and waters used only by the surrounding peasantry.

Cedres (Sources des).—France, Algiers, Department of Oran.
Sulphate of iron waters.

Cefalu.—Italy, Sicily, 12 miles from Sciafani.
Acidulous bitter waters, 135° F.
Very efficacious, though but little used.

Celerina and Cresta.—Switzerland. No villages between St. Moritz and Samaden. Two and a half miles from Pontresina, 56 ft. above sea level. Pop. 400.

Climatic air station, frequented by those who do not care for the life at St. Moritz, and wish to live more cheaply. Splendid ascents may be made with competent guides to the neighbouring mountains.

Hotels: *Murral* (34 bedrooms), *The Hotel Misani* (20 bedrooms). Pension at these houses may be had for about seven to eight francs per day.

Celles.—France, Department of Ardèche, near Privas. For routes see table.

Four bicarbonate springs, from 40° to 60° F. One sulphate of iron spring. Carbonic acid gas is here employed in douches and inhalations.

Ceresole.—Italy, Piedmont, near Carmagnole.
Bicarbonate of iron waters, very rich in carbonic acid.

Cervera del Rio Alhama.—Spain, province of Logroño, near Castejon.
Sulphurous earthy waters.

Special indications: Skin diseases, scrofula, syphilis, affections of the mucous membranes of the respiratory organs, vesical catarrhs, blenorrhœa.

The establishment is modern and the accommodation comfortable and moderate in price. The situation is fine.

Doctor: Dr. Escudero.

Cesalpino.—Italy, Tuscany, near Arezzo, Val di Chiana.
Ferruginous waters, 55° F.

Cestona-guezal.—Spain, province of Guipuzcoa, near Zumarraga.
Saline springs, rich in nitrogen. Tonic and laxative.

Special indications: Dyspepsia and gastric catarrh, sciatica, hypochondriasis.

The establishment is very good, with all modern appliances. The accommodation and food are equally good. Large park.

Doctor: Dr. Calderon.

Hotel: *Fonda del Ré*.

Cetona.—Italy, Tuscany, near Chiusi.
Ferruginous waters, 55° F.

Ceylon.—Island of.

Several thermal springs, from 90° to 100° F., composition unknown.

Chabetout.—France, Puy de Dôme, near Issoire.

Bicarbonate of iron waters.

Mineral constituents, 3 grammes.

Chaldette.—France, Lozère, near Chaudes-aigues.

Saline waters, 95° F.

A very good establishment, but the accommodation is indifferent.

Challes.—France, Savoy, near Chambéry, $\frac{3}{4}$ hour from Aix-les-Bains.

Cold sulphurous iodurated waters.

These waters are frequently prescribed by medical men at Aix-les-Bains, as adjuvants to those of Aix. They have proved specially useful in scrofula and syphilis, as also in locomotor ataxy.

Doctors : Drs. Royer and Range.

Chambon.—France, Department of Puy de Dôme, near Ambert.

Cold mixed bicarbonate waters.

Chamex.—Switzerland, near Vernex.

Climatic health resort.

Chamounix, or Chamonix.—France, Upper Savoy, at the foot Mont-Blanc, 3,450 feet above sea level; 4,500 inhabitants. For routes see table.

Climatic mountain air station and holiday resort; some earthy waters and the whey cure.

Season : June 1 to September 15.

Number of visitors about 20,000 annually.

Chamounix, since the fire of 1855, is quite a new place, with Museum, bathing establishment, and a handsome church. The scenery is among the grandest in Switzerland. The town is the starting point for almost all ascents of Mont Blanc. Excursions to the Montanvert, Jardin and Mer de Glace, the Flégère, Brevent, and Glacier des Bossous, Tête Noir, Col du Geant and Martigny.

English church.

Post and Telegraph office.

Photographs, Bookseller and curiosity shop : Jos. Paccard, Magasin des Souvenirs, route de Genève.

Doctor : Dr. Duchosal.

Hotels : Couttet, de Londres, Royal, d'Angleterre.

Champel-les-Bains.—Switzerland, close to Geneva; altitude, 1,500 feet.

Hydropathic establishment.

Special indications : Anæmia, chlorosis, rheumatism, dyspepsia, and maladies of the nervous system.

Season : Spring and autumn.

The establishment of Champel is beautifully situated on

rising ground, within twenty minutes' walk of Geneva, well shaded by fine trees, through which charming views of the surrounding country are obtained. The river Arve, on which the baths are placed, adds greatly to the beauty of this resort, and is moreover of very great benefit to bathers.

Medical Director: Dr. Paul Glatz.

Hotels: *Beau Sejour* and *La Roseraie*, close to the baths; both well fitted.

Champéry.—Switzerland, Valais; 3,500 feet high.

Alkaline-sulphurous waters, containing much carbonate of soda.

Doctor: Dr. Basqueiray.

Hotels: *Dent du Midi*, *Croix Federale*.

Champex.—Switzerland, Valais; altitude, 5,000 feet.

Climatic air station.

Champoleon.—France, Department of Hautes Alpes, near Embrun.

Sulphate of lime water.

Chanelas.—Switzerland, Neuchatel.

Hydropathic establishment.

Chapelle-Godefroy (La).—France, Department of Aube, near left bank of the Seine.

Cold bicarbonate of iron water, 6 grs. of mineral constituents.

Charbonnières.—France, Rhone, near Lyons.

Cold bicarbonate of iron, sulphurous and iodurated waters.

Charlottenbrunn.—Germany, Silesia, district of Breslau; 1,300 feet above sea level.

Cold bicarbonate of iron waters.

Doctors: Drs. Bujakowsky and Neusser.

Hotel: Kurhaus.

Charlottenburg.—Germany, Prussia, province of Brandenburg, half-an-hour from Berlin.

Earthy, saline and ferruginous waters. Hydropathic establishment. Open all the year round.

Doctors: Drs. Edel, Hopner.

Chateau d'Oex, and Rossinières.—Switzerland; two villages reached by taking the train to Bulle, and thence by diligence for 3½ hours *viâ* Thun; 2,700 inhabitants; 2,900 feet above the level of the sea.

Seasons: June and September.

Special indications: phthisis, chlorosis, hypochondria.

These health resorts are rapidly growing in size, popularity and importance; the district as a mountain station is said to act in a specific manner in certain diseases, which are specially treated by the local practitioners. There is a summer and

also a winter season. Intending visitors should send for the "Kur-list," published by the Kur-Direction at Chateau d'Oex, which gives much useful information.

Doctors : Drs. Fayrod and Coune.

Hotels : Berthod, Rosal, de l'Ours, &c.

Chateau-Gontier.—France, Mayenne.

Effervescent ferruginous waters.

Chateauneuf.—France, Department of Puy de Dôme, near Riom; 1,200 feet above sea level.

Cold, tepid and warm ferruginous waters; 14 springs, varying from 40° to 110° F. Their composition is similar to that of the springs of St. Alban.

Special indications : Dyspepsia, scrofula, rheumatism.

Doctor : Dr. Rainvillers.

Chateldon.—France, Department of Puy de Dôme, near Thiers and Vichy.

Cold bicarbonate of iron waters; five springs, containing 3, 4 and 5 grs. of mineral constituents.

Special indications : Dyspepsia.

Châtel-Guyon.—France, Puy de Dôme, in the Auvergne, 15 minutes from Riom. For routes see tables.

Saline, ferruginous, and magnesian waters.

27 springs from 55 to 110° F.

Season : May 15th to October 15th.

The water of Gubler Châtel-Guyon works actively on the digestive organs, on the various organs of the stomach, and on the circulation generally. On the digestive organs it has, in ordinary doses, a bracing effect with frequent diuretic result. It acts as a valuable stimulant which restores appetite and regulates the system. By stronger doses, purgative and laxative results can be obtained, and when these are maintained for the prescribed time they have good effects on affections always considered chronic.

It has a most beneficent action on the circulation. That is chiefly produced by the chloruret of magnesium it contains, which, by stringing up the relaxed fibres of the body, renders the circulation more active, removes obstructions, and generally clears the system. The iron contained in this water makes it thoroughly tonic and strengthening.

Paludian fevers, anæmia, and the grave disorders which result therefrom, and affect the stomach, liver and intestines, find a cure in the use of the Gubler water.

The waters of Châtel-Guyon form a valuable therapeutic agent, especially in cases of chronic indigestion, constipation, &c. In cases of congestion, internal tumours, they have been of great service.

The spring Gubler, containing the largest supply of chloride of magnesium, is the best for visitors. It is the only spring from whence the water is exported.

The agents in England for the waters in bottles are Messrs. Ingram & Royle, 52, Farringdon-street, London.

A casino, with club, reading-room, and café, and an excellent theatre afford amusements for the evening.

Post and telegraph office in the park.

Doctors : Baraduc, Conchon, Groslier, Vibert.

Chemist : Amblard.

Hotels : *Nouvre, Splendide, Grand and des Thermes.*

Administration of Establishment : Chief Office : 5, Rue Drouot, Paris. **Universal Exhibition, Paris, 1889, Silver Medal.**

Chatenois.—Germany, Elsass, near Schlettstadt.

Cold saline waters, 7 grs. of mineral matter, very similar to the waters of Niederbronn; traces of arsenic and fluoride have been found in them.

Doctor : Dr. Levy.

Chaufontaine.—Belgium, near Liège.

Thermal springs, assimilating to those of Spa, 80° to 90° F.

A charmingly situated quiet little place, with a great variety of excursions. The country around is very picturesque.

Chaudes-Aigues.—France, Department of Cantal, near St. Flour.

Alkaline waters, containing iron, sulphur and arsenic. Several hyperthermal springs, from 135° to 195° F.

Special indications : Articular rheumatism, and generally same as those of Bourbon Lancy.

Chaumont.—France, Department of Marne and Loire.

Cold bicarbonate and other waters.

Chaumont.—Switzerland, Neuchatel ; altitude 3,700 feet.

Climatic air station.

Chaves.—Portugal, province of Traz-os Montes.

Thermal sulphurous spring, 135° F.

Chazam.—Algiers, province of Oran, near Mostanagem.

Saline waters.

Cheltenham.—England, Gloucestershire.

Several springs, saline and sulphurous, sulphate of magnesia, mixed saline, carbonate and chalybeate waters. Climate mild and agreeable.

Season : November to April.

Special indications : Anæmia, dyspepsia, abdominal obstructions and hepatic enlargement.

The bathing establishments and assembly-rooms are justly

renowned for their elegance and comfort; they are among the best in England.

The town is laid out in boulevards, crescents and squares, planted with fine trees. It more resembles a collection of country seats than a town, in the general sense of the word.

Dentist : Mr. Cull.

Doctors : Drs. Bennett, Cottle, and many others.

Hotels : *Royal, Queen, Belle Vue, Plough.*

Chemille.—France, Department of Maine and Loire, near Beaupreau.
Ferruginous waters, little known.

Cherbourg.—France, Department of La Manche. Pop. (1881) 35,500.
Direct service from London (Waterloo) *viâ* Southampton, at inclusive fares.

Sea baths; firm sandy beach, owing to absence of rock or stone.

A strongly fortified town and naval station. The Digue or Breakwater is very great, and erected at considerable cost. The town is interesting; and the Theatre, Trinity Church, Hotel de Ville, Picture Gallery, Hospital and Statue of Napoleon the First, worthy an inspection. The Forts are also interesting, but had better not be visited. Excursions to Tourlaville and Tocqueville Castle, and several others. Much visited on account of the excellent sea bathing.

Post and Telegraph Office : Rue du Chantier.

English Church Service.

Doctor : Dr. Bertni.

Hotels : *The Grand Hôtel and Casino* is situated in the healthiest position on the beach, a large, airy, first-class house, perfect in all its details, and the only one on the Normandy coast, with a large park and gardens. Open June to October L. Mertz, proprietor. (*See advt. at end.*)

Chexbres.—Switzerland, near Lausanne.

Climatic air station.

Doctors : Drs. Dumur, Jaunin, and Raymond.

Chianciano.—Italy, Tuscany, District of Montepulciano, in the valley of the Chiana Railway from Siena to Rome, $\frac{1}{2}$ -hour's carriage from Asciano; 1,850 feet above sea level; 3,500 inhabitants. For routes see table.

Sulphurous waters, 100° F.; ferruginous effervescent waters, 45° F.; alkaline, acidulous waters, 85° F.

Season : June to September.

Special indications : Disorders of liver, spleen, stomach and intestines.

Doctor : Dr. Burreli.

Chiatamone.—Italy, Naples.

Ferruginous waters, 68° F.

Special indications : Anæmia, general debility, chronic affections of the nervous system, neuralgia, chlorosis.

The establishment is fitted with all modern requirements ; one of its best features being the Hammam or Turkish baths. Swimming bath.

A café is attached to the baths. Concerts every evening.

Chiavari.—Italy, Genoa, two hours from Genoa.

A climatic station. Especially frequented in the later summer months and in autumn.

Chichimequill.—Mexico.

Hyperthermal waters, 230° F., not analysed.

Chiclana.—Spain, near Cadiz.

Bitter waters, 45° F. Very highly mineralised.

Special indications : Herpes, mercurialism, skin diseases.

Good establishment, and moderately frequented.

Doctor : Dr. Costina.

Chinchilla.—Spain, province of Albacete, near Murcia.

Saline waters.

Special indications : Rheumatism, skin diseases, hyperæmia of liver and suppressed hæmorrhoides.

Chinchon.—Spain, province of Madrid.

Bitter waters.

Chinciano.—Italy, Tuscany, Val d'Elsa, near Siena.

Highly effervescent alkaline and ferruginous waters.

Special indications : Amenorrhœa, anæmia, chlorosis, gravel, vesical calculus, and general affections of the digestive and urinary system.

Establishments indifferent.

Chios.—An Island in the Grecian Archipelago.

Sulphate of lime waters, purgative. Thermal waters of Tsesmé, from 110° to 130° F., contain chlorine, bromine and iocine. No bathing establishment.

Chitignano.—Italy, Tuscany, near Arezzo.

Effervescent alkali-saline waters, containing some iron, 55° F.

Chiusa dei Monaci.—Italy, near Arezzo.

Alkali-saline and ferruginous waters, 55° F.

The establishment is poor and the accommodation bad.

Choranche.—France, Department of Isère.

Cold sulphurous lime-springs.

Christenhofsbad.—Germany, Würtemberg, District of the Jaxt, near Mügglingen.

Sulphurous waters.

Internally, diuretic and laxative; externally, stimulating to the skin.

Chulilla.—Spain, province of Valencia, near Villar del Arzobispo.

Sulphurous earthy waters, 95° F.

Special indications: Rheumatism, skin diseases, gout, paralysis.

The establishment is simple but thorough. Accommodation good. The country is mountainous.

Doctor: Dr. Merregner.

Churwalden.—Switzerland, Grisons, 2 hours from Chur, 3,800 feet above the sea level.

Climatic air station.

Doctors: Drs. Denz and Henni.

Ciechocinek.—Russia, Poland, near the Prussian frontier, one hour from Thorn.

Very strong saline waters and brine baths.

Season: May 20th—September.

Visited by upwards of 2,000 visitors.

Special indications: Scrofula, rheumatism, catarrh of the larynx and bronchiæ, neuroses and hysteria.

The bathing establishments are completely fitted with all modern appliances.

The casinos and assembly rooms are elegant and comfortable. The accommodation is first-class.

Cipollo.—Italy, Tuscany, Val di Nievole.

Saline waters, 70° F.

Only applied externally.

Citára.—Italy, island of Ischia, near the Capo Imperatore.

Sulphurous alkaline waters.

Special indications: Sterility.

Known to and much visited by the ancient Romans, who erected a temple here to Venus Genitrix.

The earthquake of July, 1883, made great havoc here.

Civilliano.—Italy, Venetia, between Vicenza and Verona.

Cold ferruginous and sulphurous waters.

Special indications: Affections of the mucous membranes, scrofula and chronic diarrhœa.

One of the strongest sulphate of iron waters at present known.

Civita Vecchia.—Italy, the seaport of Rome.

Thermal sulphurous waters, natural sweating baths. The Ficorulla spring is the principal one.

Clacton-on-Sea.—England, Essex, near Walton-on-the-Naze.

Season : July—October.

Sea baths; shingly and sandy beach. Climate mild and bracing.

Doctors : Drs. Maine, Murray, and Slimon.

Claremont Park.—England, Lancashire, near Blackpool.

Hydropathic establishment.

Clarens.—Switzerland, near Lausanne.

Climatic air station.

Hotels : *Hotel du Cygne, Roy, Continental.*

Clausthal.—Germany, Thuringia, near Goslar, 1,700 feet above the sea level.

Climatic air station, resinous and steam baths, whey cure, inhalations.

Doctors : Drs. Brockmann and Fisher.

Clavadel.—Switzerland; altitude nearly 5,000 feet. Situated in the Sertig Valley, one hour's walk from Davos Platz.

Sulphurous waters.

Well situated among fine fir forests.

The establishment is open all the year round. There is also a sulphurous spring.

Clavadel is frequented by those who, believing in the contagiousness of phthisis, wish to reside away from Davos, and yet reap the benefit of the mountain air of the locality.

Doctor : Dr. Buol.

Cleethorpes.—England, Lincolnshire, on the Humber.

Sea baths; sandy beach. Climate healthy.

Season : June—September.

Doctors : Drs. Pickford and Savory.

Clermont-Ferrand.—France, Department of Puy de Dôme. Close to Royat.

Numerous ferruginous bicarbonate springs, from 35° to 55° F. Mineralisation from 4 to 5 grammes. The spring "Puits de Poix" is said to be bituminous.

Good cheap accommodation can be obtained here.

Cleves.—Germany, Rhenish Prussia, on the Rhine, near the Dutch frontier, a very old town.

Chalybeate waters, fine Kurhaus, and well-appointed bathing establishment.

Special indications : Nervous complaints.

Doctors : Bergmann, Van Gulick, and Trompetter.

Hotels : *Bath Hotel, Styrum.*

Clevedon.—England, Somersetshire, on the Severn.

Sea baths ; pebbly and muddy beach ; bathing not very good.

Season : June—September.

Doctor : Drs. Skinner and Pizey.

Hotel : *Walton Park*.

Clifton.—England, Gloucestershire, a beautiful and fashionable suburb of Bristol ; 27,000 inhabitants.

Autumn and winter residence ; alkaline waters 75° F.

Season : September till May, but frequented all the year.

Special indications : Diabetes, liver obstructions, splenic and urinary disorders, for the waters ; consumption, pulmonary complaints, anæmia, chlorosis, debility, bronchial, laryngeal, and pharyngeal and kindred ailments.

These magnificent Downs have been secured to the city by Act of Parliament in 1861. They are the favourite resort for driving, riding, cricketing, and all other amusements.

The amusements consist of theatres, balls, concerts ; the Monday Popular Concert being noted for its almost unrivalled band. There are the Zoological Gardens, with a large selection of animals and beautiful grounds. Few places can boast of greater advantages as to educational establishments. The Clifton College, in the heart of Clifton, a noble building, with large grounds. It has won a high rank among similar institutions in the country for high-class training. The Grammar School, a large building with extensive grounds, is also noted for its classical and commercial training. The High School for Girls is a new institution, and already distinguished. A large number of private schools for boys and girls.

Doctors : Drs. Eubulus Williams, Long Fox, and many others.

Hotels : *The Clifton Down, St. Vincent's Rocks, Queen's*.

Cluny Hill.—Scotland, Morayshire, near Forres.

Hydropathic establishment.

Coblentz.—Germany, capital of the province of Rhenish-Prussia at the confluence of the Moselle and the Rhine. From Paris by North of France Railway, *viâ* Cologne, 12½ hours.

A fortified town of great reputation. Ehrenbreitstein (the Gibraltar of the Rhine) is one of the strongest fortresses in the world. Very charmingly situated, and a most convenient centre for excursions.

OBJECTS OF INTEREST : The Archbishop's Castle, or Burg, now a factory, Church of St. Castor, Metternich House and Teutonic House, now a magazine. The Royal Palace, the favourite resort of the Queens of Prussia.

Casino and promenades on the banks of the Rhine.

One half-hour's walk along the banks of the Rhine is the celebrated establishment of Laubach (see page 208).

Excursions : To Stolzenfels, Ehrenbreitstein, to Sayn, to Moselweiss, and up the Moselle, to Ems, *viâ* the Asterstein and Oelberg, to Neuwied.

CABS : One-horse, for one or two persons, 50 pf. ; for two-horse, 75 pf. ; two-horse carriage, three or four persons, 1 mark 25 pf. ; one-horse carriage, 1 mark.

Post and Telegraph Office : Brückenstrasse, near the Schlossplatz.

Bookseller : W. Fischer, railway station.

Dentist : F. O. Saal.

Doctors : Drs. Kirchgaesser, Timmé, Mayer and Hermann.

Hotels : *Hotel de Geant*, opposite the stage for the Rhine steamers, well appointed and recommended (*see advt. at end*); also the *Belle Vue* and *Anchor*.

Coburg.—Germany, Saxe-Coburg, capital of the Duchy.

Climatic air station, tonic, iron, steam and resinous baths, whey cure.

Doctors : Drs. Berger, Feder, Floel.

Cocomico.—South America, New Granada, near Popayan.

Sulphurous and bicarbonate of soda waters, 175° F.

This spring emits such quantities of carbonic and sulphurous acids that a long stay in its vicinity becomes dangerous.

Coire, or Chur.—Switzerland, canton of Grisons; 7,550 inhabitants; 1,936 feet above sea level. For routes see table.

Climatic station, but more as a transitory station from and to the Engadine.

English Church service.

Doctors : Drs. Denz and Henni.

Hotel : The *Hotel Steinbock*.

Coise.—France, Savoy, near Chambéry.

Ammoniacal, bromo-iodurated waters.

Special indications : Goitre and kindred affections.

Doctor : Dr. Dubouloz.

Colberg.—Germany, Pomerania, near the Baltic.

Saline waters and sea baths.

The establishment is very well fitted up. Accommodation first-rate. The walks and drives are well kept and shady.

Doctors : Drs. Bodenstein, Haemisch and Behrend.

Hotels : *Strandschloss*, *Society House*.

Colico.—Italy, upper end of Lake Como.

A climatic air station for those returning from Italy. Very fine position and grand scenery. The accommodation, however, is greatly in need of improvement.

Hotels : *Dom* and *Risi*.

Collioure.—France, Department of Pyrénées Orientales.

Sulphate of lime waters, 45° F.

Cologne.—Germany, Rhenish-Prussia, on the left bank of the Rhine; from Paris by North of France Railway, 10 hours, 60 frs. 1st class.

Although Coblenz is the official capital of Rhenish Prussia, Cologne is the most important town in the province. It is the

third most important in Prussia, and is strongly fortified. The old middle age fortifications are now demolished, and new ones built. Their circuit is nearly 30 miles. The circuit of the outer forts is about 50 miles. Cologne is the Roman "Colonia Agrippæ."

OBJECTS OF INTEREST : The Cathedral of Cologne, the highest edifice in the world, was finished in 1880; the approach to the edifice is now opened out, constituting a great improvement. The iron Railway Bridge, Museum and Library, Town Hall, Churches of St. Maria Capitol, St. Peter, Apostles, St. Ursula, St. Gereon; Casino Gurzenich, Chamber of Commerce and Exchange, Theatre, Aquarium, Zoological and Botanical Gardens.

The Platz is now more or less rebuilt, and the town greatly improved generally.

Post and Telegraph Office: Glockengasse.

CABS : One or two persons, $\frac{1}{2}$ mark; four persons, 1 mark. By the hour, one or two persons, 2 marks; three or four persons, 3 marks; parcels outside, 25 pfgs. each.

Dentist : Dr. H. C. Merrill, of Boston, 46, Kaiser Wilhelm Ring.

Bookseller : Aug. Lesimple, High-street.

Doctors : Drs. Bardenheuer, Schmitz (specialist for respiratory organs, eye and ear), Heyder, and Robt. Hall.

Hotels : *Hôtel du Nord, Disch, Dom, &c.*

Colwyn Bay.—Wales, Carnarvonshire.

Sea baths; fine sandy beach. Very mild climate. Is used by many as a winter resort.

Hydropathic establishment.

Doctors : Drs. Fraser, Williams, Matthews, Russell, Butler, &c.

Hotels : *Colwyn Bay, Marine, Queen's.*

Clynnog Vawr.—Wales, Carnarvonshire.

Sea baths; beach and bathing good.

Season : Summer.

Doctor : Dr. Roberts.

Coma de Navines.—Spain, province of Lerida, near San Lorenzo. Alkali-saline waters.

Special indications : Stomachic complaints, obstructions and caleulus, rheumatism and skin diseases.

Combe-Girard.—Switzerland, canton of Neuchâtel, near La Chaux de Fonds.

Effervescent ferruginous waters. The spring affords a very scanty supply, so that the water is available only for drinking.

Comillas.—Spain, province of Santander, 20 miles from Torrelavega.

Sea baths, very extensive, safe and fine sandy beach. Some very fine grottoes in the vicinity, and the country is excessively romantic. Some 2,000 visitors during the season.

Como.—Italy, on the southern bank of Lake Como, station on the St. Gothard Railway. 11,000 inhabitants.

A health resort, situated in the midst of beautiful scenery. Como is most popular with those seeking change and rest, it is also a handy place of call for those going to or returning from Italy. In the town are found numerous silk factories, and the Cathedral is well worth a visit. Many excursions may be made, both for long and short distances, all abounding in lovely views. For those not going far the walks by the side of the lakes will suffice, while those wishing for longer excursions will be able to visit Lugano, Varese, Bellagio, Monte Generoso and other places, all within driving distance.

The hotels are good and not expensive, among them may be mentioned the *Hotel Italia*, *Bellevue*, and *Volta*.

Concepcion de Peralta (La).—Spain, province of Madrid, near Alcalá de Henares.

Alkali-saline waters, 45° F. contains arsenic.

Special indications: Skin diseases of a chronic character, vesical and urinary catarrhs, calculus and chronic rheumatism.

The establishment and accommodation are good.

Doctor: Dr. Osuna.

Condillac.—France, Department of Drôme, near Montelimart.

Bicarbonate of lime waters, which have been called by some French medical authorities "The Queen of Table Waters," exported.

Doctor: Dr. Coche.

Coney Island.—New York, United States of North America.

Sea baths, much frequented by the inhabitants of New York.

Conishead Priory.—England, Lancashire, near Ulverston.

Hydropathic establishment.

Constantinople.—Turkey on the Bosphorus.

Doctors: Drs. Hannington, Paterson and Sarell.

Contrexéville.—France, Department of Vosges, from London direct, *via* Nancy, by Orient Express in 18 hours; from Paris 8 hours; 1,000 feet above sea level. Pop. 1,000. For routes see table.

Slightly alkaline waters, containing lime, lithium, and iron, 55° F. The export of the waters (Source du Pavillon) is considerable, and increasing every year.

Thoroughly well-managed establishment.

Season: from May 20th to September 20th.

Number of Visitors: Above 3,500 during the season.

Special indications: Gravel, biliary and vesical calculus, catarrh, diabetes, gout, and gouty rheumatism, disorders of the urinary system, affections of the uterus, hepatic disease (not *contra*-indicated in nephritic diseases).

• English Church Service.

First-rate baths and douches.

Postal Telegraph Office in the establishment, with four deliveries a day.

Doctors: Drs. Aymé, Boichox, Boursier, Debout d'Estrées, Graux, Mabboux and Thiery.

Hotels: 'The Grand Hotel de l'Etablissement, in the Park, thoroughly well managed by Mr. Petit; and many others in the village.

Casino, café, reading room, theatre, ball and concert room. A band plays twice a day in the Park. Croquet and lawn-tennis grounds, one of the best on the Continent, gymnasium, &c. Splendid park recently enlarged.

For the water and particulars, apply to the Director of the Establishment at Contrexéville; or to the Society, 8, Rue de Hanovre; or to the principal dépôt, 31, Boulevard des Italiens, Paris.

Conway.—Wales, Carnarvonshire.

Climatic health resort.

Hotel: The Castle.

Doctors: Drs. James, Morgan and Pritchard.

Corbeyrier.—Switzerland, Valley of the Rhone; 3,500 feet high.

Climatic air station.

Corcoles.—Spain, province of Guadalajara, near Alcocer.

Saline waters, 50° F.

Special indications: Syphilis and rheumatism.

Cordeac.—France, Department of Isère, near Grenoble.

Sulphurous sodaic waters.

Cordova.—Spain, capital of the province of same name. From Paris by Orléans and South of France lines, *viâ* Bordeaux, Irun, and Madrid.

A very interesting old town, founded by the Romans. There are many antiquities, most of them Moorish. Under the Moors it was one of the most flourishing cities in Spain, but it is now much reduced.

OBJECTS OF INTEREST: The Cathedral or "La Mezquita," with its Court of Oranges and Belfry, the Archiepiscopal

Palace, Alcazar, Collegio de la Ascension, La Correda, Hospital, Octagon tower, the Bridge, El Triumfo.

Excursions to the ruins of the Palace of Azzáhra and Arrizafa, Hermitages of Valparaiso, and to the wine cellars at Montilla.

Hotels: *Fonda Suiza* and *Fonda Rizzi*.

Corenc.—France, Department of Isère, near Grenoble.

Sulphurous sodaic waters, 35° F.

Cormus.—Austria, Illyria.

Saline waters, 35° F.

Corneille de la Rivière.—France, Department of Pyrénées Orientales, near Perpignan.

Ferruginous bicarbonate waters, 40° F.

Cornigliano-Ligure.—Italy, three-quarters of an hour from Genoa.

A spring and autumn station.

The village is exposed to the north-east winds, and has a considerably lower temperature than Mentone or San Remo.

Coronada.—Spain, province of Huelva.

Hot vitriol waters, very much charged with sulphate of copper; also a ferruginous spring.

Special indications: Liver and spleen obstructions, rheumatism, gout, ophthalmia, and nervous complaints. Only externally applied.

Corsica.—See AJACCIO.

Cortegada.—Spain, province of Orense, near Celanova.

Thermal sulphurous springs, 70° to 90° F.

Ferruginous spring, 60° to 70° F.

Special indications: Gastro-intestinal affections; rheumatism.

Doctor: Dr. Ortega.

Corticella.—Italy, province of Bologna, one hour from this town.

Ferruginous waters, not yet thoroughly analysed.

The country around is very picturesque, but there is no establishment.

Corfu.—Greece, one of the Ionian Islands in the Ionian Sea; capital of 24,000 inhabitants; from Trieste 53 hours, and Brindisi 12 hours by steamer; ceded by England to Greece in 1864.

Winter station of first importance. Sea baths.

Season: November—May.

Special indications: Scrofula, chlorosis, anæmia, chronic neuroses, paralysis, nervous debility, and convalescence, phthisis and chronic rheumatism, affections of the respiratory organs, bronchial, laryngeal and pharyngeal catarrh.

The mean temperature of the seven season months is 57° F., mean barometric pressure 762 m.m., mean relative dampness $76\frac{1}{2}$ per cent., rainy days 79 during the seven months, rainfall 1,068 m.m., death rate 32.5 per thousand.

The town is well sheltered, and the bay open to the full south and south-east winds, and consequently well protected against all northerly winds. The Bora is not felt here. North-west and north-east winds are tolerably frequent, though the latter are objectionable only as being cold. The atmosphere is never stagnant, owing to a sea breeze up to three o'clock, after which the land breeze sets in. Rapid atmospheric disturbances, such as are met with on the Riviera, occur but seldom, and there is almost complete immunity from dust and high winds.

The climate is warm but bracing. At the end of January and in February, hyacinths, roses and almond trees begin to blossom. By March, spring has set in, and in April cherries are ripening. The temperature rarely falls to freezing-point, and still more rarely below it. Fogs occasionally occur and last some time.

The town itself offers many attractions. It is a link between the East and the West. Its streets are very lively. Close to the town on a small hill is a villa belonging to the King of Greece. The esplanade and the Strada Nuova are the centre of Corfu life. The environs are mostly covered with olive groves. The interior of the island offers a fine field for excursions and sports. Naples has been called the Eldorado of Hypochondriacs, and Corfu may claim the same honour. The drinking water and the means of communication are excellent.

Post : Near the gate at the port.

Telegraph : Near the Royal Palace.

There is an *English Church* at the *House of Parl.*

Banker and Exchange Office : Mr. Fells.

Chemist : Collas.

Doctors : Drs. Politi and Neranzi.

Hotel : The *Hotel St. George*, comfortable and moderate in price.

Cos, Island of, in the Ægean Sea.
Saline springs.

Cotone.—Italy Tuscany, near Empoli, between Florence and Pisa.
Sulphurous-alkaline waters, 55° F. No accommodation.

Cotto.—Italy, island of Ischia, near Monti.
Alkali-saline waters, 105° F.

Special indications : Obesity, constipation, disorders of the urinary system.

The establishments and accommodation are good, and the place is fairly well visited.

Suffered by the earthquake of July, 1883.

Couchon.—France, Department of Pyrénées Orientales.
Ferruginous bicarbonate waters, 35° F.

Coudes.—France, Department of Puy de Dôme, near Issoire.
Cold bicarbonate of soda waters.

Courmayeur.—Italy, Piedmont, near Aosta; 4,098 feet above the sea level.
Ferruginous, sulphurous saline waters, from 35° to 85° F.
Special indications: Herpes and scrofula.

Courpière.—France, Department of Puy de Dôme.
Cold ferruginous bicarbonate waters.
Special indications: Same as Vichy.

Cours.—France, Department of Gironde.
Cold ferruginous bicarbonate waters.

Courseulles.—France, Department of Calvados; from Paris, *viâ* Caen.
Sea baths, shingly beach, oyster beds.

Courtmacsherry.—Ireland, county Cork, near Lisley.
Sea baths; good beach.

Courtomer.—France, Department of Orne, near Bagnolles.
Cold ferruginous water.

Coutainville.—France, Department of La Manche, from Paris, *viâ* Coutances.
Sea baths; a quiet place.

Cowes.—England, Isle of Wight.
Sea baths.

Season: May—August. Yachting season till November.

Doctors: Drs. Hoffmeister, Nockolds, Fawcett, Gibson, Hughes, &c.

Hotels: Drover's, Gloster, Esplanade, Fountain.

Crailsheim.—Germany, Württemberg, in Valley Virngrand; 1,150 feet above sea level.

Ferruginous and sulphurous waters.

Season: June—September.

The number of visitors has increased since the building of an establishment, with a Kurhaus and hotel.

Doctors: Drs. Drachter and Halm.

Cransac.—France, Department of Aveyron, near Rodez; 930 feet above sea level. For routes see table.

Cold sulphate of lime water. Tonic and restorative.

Good establishment fairly well frequented.

Cranz.—Germany, Prussia, on the Baltic, and 21 miles from Königsberg.

Sea baths, sandy beach.

A small, but very neat little fishing village, with good accommodation, which is moderate in price.

Doctors : Dr. Giere and Wottrich.

Craveggia.—Italy, Piedmont.

Sulphate of soda waters, 65° F.

Special indications : Goitrous and arthritic affections.

Crêche.—France, Department of Saone and Loire, near Mâcon.

Cold ferruginous bicarbonate waters.

Credo.—France, Department of Gironde.

Cold ferruginous bicarbonate waters.

Criccieth.—Wales, Carnarvonshire,

Sea baths, shingly and sandy beach.

Doctor : Dr. Roberts.

Hotel : George.

Crieff.—Scotland, Perthshire.

Saline waters, hydropathic establishment.

Season : July—September.

Air pure and bracing; climate comparatively mild.

Doctors : Drs. Gairdner, Thom, Meikle, and several others.

Criel.—France, Department of Seine Inférieure; from Paris *via* Dieppe.

Sea baths, sandy beach.

Cristo (Acqua di).—Italy, province of Trani, line from Foggia to Brindisi, stop at Trani.

Highly effervescent earthy waters.

The spring is close to the seashore on the east of the town.

Season : June—September.

Special indications : Gravel, cystitis, obstructions of liver and spleen.

Croisic (Le).—France, Department of Loire Inférieure, near St. Nazaire and Nantes.

Sea baths.

A well-appointed bathing establishment.

Doctor : Dr. Macario.

Crol (Le).—France, Department of Aveyron.

Cold sulphate of iron and magnesia waters.

Cromer.—England, Norfolk.

Sea baths, sandy beach. Very bracing climate.

Season : June—October.

Very fine scenery ; esplanade and jetty.

Excellent golf links. This place is rapidly becoming very popular as a holiday resort.

Doctors : Drs. Maclure, Bryans, Fenner and Luson.

Crosshaven.—Ireland, county Cork.

Sea baths, sandy and shingly beach.

Season : June—September.

Crotoy (Le.)—France, Department of Somme.

Sea baths.

Cucho.—Spain, province of Burgos, near Miranda de Ebro.

Acidulous sulphurous waters.

The establishment is modern and complete. Accommodation is good, and moderate in price.

Cudowa.—Germany, Silesia ; 1,200 feet above the sea level.

Ferruginous bicarbonate waters.

Doctors : Drs. Jakob and Scholz.

Hotels : *Kurhaus* and *New World*.

Cuervo.—Spain, province of Malaga, near Medina-Sidonia.

Sulphurous ferruginous waters.

There are a number of springs in the neighbourhood, which, owing to their efficacy, have been named after saints by the peasantry. No accommodation, and no establishment.

Cullercoats.—England, Northumberlandshire, parish of Tynemouth.

Sea baths ; sandy beach. Climate bracing and fresh.

Season : June—September.

Cusset.—France, Department of Allier, near Vichy ; 900 feet above the sea level. For routes see table.

Bicarbonate of soda water, 40° F.

Complementary to Vichy.

Establishment and accommodation good. The environs, however, are said to be malarious, and travellers are recommended to be careful. The waters are exported.

Cuxhaven.—Germany, Hanover, near Hamburg.

Sea baths.

Contain 30 per cent. less salt than the Heligoland, and 30 per cent. more than the Baltic sea baths.

Doctors : Drs. Bulle and Schmidt.

Hotels : *Belvedere*, *Dolles*.

Czacko.—Austria-Hungary, comitat of Hónt, near Rimaszets.
Effervescent ferruginous waters.
Used only internally by the surrounding peasantry.

Czarskow.—Germany, Silesia.
Ferruginous bicarbonate waters.
Special indications: Gout, anæmia.

Czigelka.—Austria-Hungary, near Bartfeld.
Cold bromo-iodurated alkali-saline waters.

Dætlingen.—Switzerland, Bernese Oberland, four hours from Thune.
Saline waters.
Very poor establishment, and but little visited.

Dagh-Hamman.—Turkey, Asia Minor, about 2 miles from Yalova, on the Sea of Marmora, opposite Constantinople, whence it can be reached in 2 hours.

Sulphurous saline waters, 190° F., containing much iodine ; winter station.

Season: 1st October to 1st May ; but open all the year round.

Special indications: Skin diseases of all kinds, rheumatism, syphilis, mercurialism and kindred affections, anchylosis and muscular contractions.

The situation is superb, and the vegetation luxurious, Good hunting and shooting can also be had.

Dale.—Wales, Pembrokeshire, near Milford Haven.
Sea baths : sandy beach.

Dalkey.—Ireland, county of Dublin.
Frequented sea baths.

Dangast.—Germany, Oldenburg, near Vareî.
Sea baths ; sandy beach.

Very good establishment for cold and warm sea baths. Accommodation abundant and comfortable.

Doctor: Dr. Schüssler.

Dardagni.—Switzerland, canton of Geneva ; 4,500 feet above sea level.
Bituminous waters. Very little used, although they are some of the best waters in Switzerland.

Dartmouth.—England, Devonshire.
Sea baths ; indifferent beach and bathing. Climate mild.
The scenery is very fine.
Doctors: Drs. Cronfield, Davson, Lowdy and Miller.

Daruvar.—Austria-Hungary, Slavonia, north of Szigeth.
Mixed bicarbonate waters, from 100° to 115° F.
Slightly mineralised ; mud baths.
The situation is very romantic, and the vegetation luxurious.
Doctors: Drs. Hirschenstein and Brink.

Davos-Platz.—Switzerland, Prattigau; 5,200 feet above sea level.

Climatic air station, favourable for certain chest cases.

Davos-Platz (with which may be comprised Davos-Dorfli, to the east, the name of the adjoining village) is a town delightfully situated in a wide valley extending on to a western ridge of high hills. On both sides there is a chain of mountains about 8,000 feet above the sea level. The air is beautifully fresh and pure; during the winter the temperature falls low, but the rays of the sun are unusually powerful, and these, by the peculiar absence of wind, are felt wonderfully warm. The nights are particularly fine, and the absolute stillness of the night air makes it possible for people to sit outside, which they are enjoined to do if suffering from certain forms of lung trouble; and this, be it remembered, with the ground covered with two or three feet of snow. About two thousand people of various nationalities spend the winter here for the purpose of benefiting from the air, which almost acts as a specific in cases of phthisis in the first stage. It is speculative whether or not all those who are in the second and third stages of that disease are fit subjects for wintering here. The local condition of a patient (medically speaking) is unimportant as compared to his general state, muscular development, and powers of resistance to cold. Cases with small hæmoptyses do well, but the hyper-oxygenated and rarefied state of the atmosphere is not favourable for pronounced cases, especially those with high temperatures. Many phthisical cases in the first stage wintering at Davos are practically cured, whilst all suitable cases receive enormous benefit. On the other hand, there are many who come here, who, through their own indiscretion, grow worse; these forgetting that the temperature (always low) falls occasionally below zero, expose themselves to cold air after getting heated by dancing, &c., &c. No words are strong enough to impress upon all going to Davos the importance of bearing in mind the deleterious effect of exposing themselves to cold air whilst their skins are acting freely from over-exertion. There are many who, carried away by the enormous amount of amusement provided for the pleasure of visitors, in the shape of balls, concerts, theatricals, sledging, curling, golf, tobogganing, &c., &c., forget that they are invalids, forget the temperature of the air, forget that muscular exertion excites the skin, and subject themselves to sudden and unnecessary changes of temperature, which do them more than harm. The cases which are suitable for Davos have distinct peculiarities which medical men alone can detect, and no one should visit this part without good medical advice. In the summer the climate is much the same as numerous other Alpine health resorts, being always cooler

than the towns and villages in the plain; some visitors remain all the year round. Snow falls sometimes during summer, and on the date I write—August 16th—there has been a comparatively heavy fall, and the thermometer has fallen to 48° F. There are numerous Hotels, *Pensions* and Villas to let; the best of these have double windows, and face south. The Hotel Belvedere, for instance (which is the best and largest Hotel), has *every* window facing south, and a balcony opening out of every bed room. The higher up the bed room the greater the cost, because the hours of sunshine (owing to the mountains opposite) are longer. All the windows are made double for warmth. It may be remarked *en passant* that Davos-Dorfli has an hour and a half more sunshine per day in winter than Davos-Platz has, because it faces the Dischma Valley, across which the sun travels shortly after it rises, but Davos-Dorfli is not as well drained or arranged as Davos-Platz, and being away from the centres of attraction is not so popular. Still, it is advisable for all visitors to reside as far as possible eastwards, to see as much of the sun as they can before it dips behind the large Jacobshorn mountain opposite. In 1892-3, 1,827 visitors came to Davos, principally Germans and English; 14,000 visitors have visited it in 10 years, and it is a noteworthy fact, which a visit to the cemetery will prove, how few have died here during the last 30 years. There are twelve resident medical men. Dr. Huggard is English, holding both English and Swiss medical degrees. Five of the medical men speak English. The railway journey to Davos from London is long, but by proper arrangement can be made comparatively easy. Leaving London at 11.0 a.m. and going *viâ* Calais, Basle is reached at 6.10 in the morning. Here it is advisable to rest for the night. The Trois Rois is a comfortable hotel, well situated, with pleasant balconies looking on to the river; here, after a good night's rest and a stroll in the city, start next day from the upper station at 7.25 a.m., reaching Landquart at 12.49 p.m., where carriages are changed for the branch line; lunch here at the Buffet, and start for Davos at 1.53, arriving at Davos at 5.10, where, after dressing, the traveller will be in time for the *table d'hôte* which is served at 7.0 p.m. The scenery along the branch line for Landquart is superb, and the train ascends steep gradients, up which to English travellers it seems impossible for an engine to travel.

In winter 54 $\frac{3}{4}$ per cent. of the possible total amount of sunshine is obtained, exclusive of the rays lost from the sun disappearing behind the mountains opposite. The velocity of the wind in winter, as measured from the height of a man on a perfect day, does not exceed one mile per hour. There are

many such days, and there are others on which it is much more, but the number of calm days during this period is phenomenal. It is quite exceptional for rain to fall in winter, and the fall of snow and rain together averages a little over two metres (measured as water) a month.

An English invalid going to Davos may be prepared to find in his hotel every modern luxury, comfort and convenience; he will not be dull—in fact there may be said to be a plethora of amusements—some say *too many* seductive pleasures for those who are invalids. The Town is splendidly drained, and the Belvedere Hotel is a paragon of perfection of the sanitary art. Hotels that can be especially recommended are the Belvedere, Kurhaus and d'Angleterre, the latter owned by Mr. Demmer, is an exceedingly comfortable house. Intending visitors should write to the Belvedere Hotel for Mr. Coestor's pamphlet upon the place, which gives every detail the visitor may be likely to require, short of medical advice. Davos is illustrative of perfection of climate (for certain cases), of perfection of hotel accommodation, and of perfection of those surroundings which an Englishman in delicate health not only looks for and requires, but which his case demands.

Contra-indications : Laryngeal cases, kidney diseases, mental diseases, any illness coupled with a material rise of temperature.

Doctors : Drs. Beeli, Buol, Heusser, Huggard, Peters, Schibler, Spengler, L., Spengler, C., Volland, Walz, Zahnarzt, A. and Zahnarzt, A. L.

Hotels : Belvedere, Kurhaus, d'Angleterre, Rhætia, Strela, Victoria, Buol.

Davos-Dorfli, or Dœrfli, is a village situated about two kilometres north of Davos-Platz. A good omnibus service connects the two villages.

Davos-Dorfli is a primitive edition of its neighbour, and has not undergone the same development. It is a favourite summer residence for German and Swiss tourists; but English visitors do not frequent it. There are two large hotels (one of which is closed for the winter), several smaller ones, and a number of Chalets and *Pensions*, in all of which visitors are received. Opposite the village is the Davos Lake, on which visitors are cautioned not to skate, as the ice is treacherous. Davos-Dorfli catches more of the sun than Davos-Platz, as the sun rises earlier there and sets later, owing to the gorge in the mountains opposite to which it is situated. It is said that the village does not enjoy the same protection from the prevailing winds as its neighbour does; this, however, is somewhat a matter for speculation. Living at Davos-Dorfli is cheaper than at Davos-Platz. The principal hotel (Julier

Hof) is closed during the winter, and visitors must expect to find that at Dorfli such strong ideas prevail as to the contagiousness of consumption that those afflicted with this disease are not as welcome guests as they would be in the neighbouring village. There is a railway station here. Near Davos-Dorfli are Frauenkirch, a pleasant village; Bains de Clavadel, where there is a cold sulphur spring and an establishment, with baths open during the winter; and Spinabad, where there is also a cold sulphur spring. Davos-Dorfli is only four feet below the level of Davos-Platz.

Dawlish.—England, Devonshire, on the Channel coast.

Much frequented sea baths.

Doctors : Drs. Baker Cann, Webb and Wickham.

Hotel : The Albert.

Dax.—France, Department of Landes, near Pau and Biarritz. Pop. 10,000.
For route see table.

Brine, sulphurous and chloride waters, 120° to 145° F.
Mud baths.

The only establishment in Europe open all the year, and having a natural temperature during winter of 90° F.

Special indications : Rheumatism, gout, neuralgia, paralysis, throat, chest, lymphatic and scrofulous diseases.

Doctors : Drs. Barthe de Sandford and Albert Laranza.

Hotels : *Hôtels des Thermes, Europe and France.*

Deal and Walmer.—England, Kent.

Sea baths; indifferent beach.

Season : June—September. The climate is less mild and more bracing than that of St. Leonards or Hastings.

Doctors : Drs. Hulke, Hilton, Hughes, Lovell, &c.

Deauville.—France, Department of Calvados.

Sea baths; fine, firm sandy beach. Climate bracing.

Season : June—September.

Many excursions in the neighbourhood.

Desaigues.—France, Department of Ardèche, near Tournon.

Bicarbonate of soda water, similar to the Vals water; mineralisation, 5·24 grms.

Desvres.—France, Department of Pas de Calais.

Cold ferruginous waters. Only used by the surrounding inhabitants.

Deutsch-Kreutz.—Austria-Hungary, comitat of Oedenburg.

Cold and pure alkaline waters.

They are largely exported, and are very efficacious in all complaints, where the stronger and more exciting action of

effervescent alkaline waters is contra-indicated. In some cases they are more effective than the Gieshübl.

Special indications: Dyspepsia, affections of the mucous membranes, disorders of urinary and digestive organs, vesical calculi, gravel.

The establishments are indifferent, and the accommodation limited.

Deux-Lots.—France, Department of Landes, near Dax.

Cold sulphurous waters, 60° F.

Deva.—Spain, province of Guipúzcoa, near Zumarraga, and on both banks of the river of same name.

Sea baths; beach with very fine sands.

The surrounding country is very picturesque, as is also the small town. Frequented by about 2,500 visitors in the season.

Devonport.—England, near Plymouth.

Sea baths.

Diemerigen.—Germany, Lower Alsace, near Drulingen.

Saline waters; 3 grms. of mineral constituents.

Doctor: Dr. Karl Gross.

Dieppe.—France, Department of Seine Inférieure. Pop. 22,000.

Much frequented sea baths at the mouth of the Argues. Pebbly beach.

Passengers will find the buffet open at the arrival of every train from Paris, or boat from London.

Dentist: A. Preterre.

Bookseller: Rainville, 52, Grande Rue.

Doctors: Drs. Williams, De la Rue, fils, Caron and Parel,

Hotels: The *Royal Hotel*, first-class, facing the sea; the casino and bathing establishment; open all the year.

Larsonneux, proprietor (*see advt. at end*); also *Métropole*, *Grand*, *Des Bains*, &c.

Dieulefit.—France, Department of Drôme, near Montelimart.

Cold bicarbonate of lime waters; little used.

Dievenow.—Germany, Prussia, on the Baltic, in Pomerania.

Sea baths; sandy beach.

Season: June—September.

Good bathing and fishing. Very interesting excursions.

Assembly rooms; hotel and other accommodation is first-class. The place is much frequented by Poles and Germans. Amusements are abundant and in great variety.

Doctors: Drs. Kutzner and Weguer.

Diezgo.—Spain, province of Ciudad-Real.

Bicarbonate of soda waters, 30° F.

Digne.—France, Department of Basses Alpes.

Saline and sulphate of lime waters, 80 to 110° F. The composition of these waters is not thoroughly understood.

Season : May—August.

Used by the ancient Romans.

Dinan.—France, Department of Côtes du Nord. Pop. 9,900.

Cold ferruginous waters.

A very picturesque old town, with many quaint houses and streets, situated on a steep granite rock, 11 miles from St. Malo ; the old castle, towers, walls, museum, St. Sauveur Church, etc., are the principal objects of attraction. The excursions are very varied.

English Church.

Doctor : Dr. Brabant.

Hotels : The *Hôtel de la Poste*.

Dinard.—France, Department of Ille and Vilaine, from Paris, *via* St. Malo. Visitors will do well to change the train at St. Servan, as the tide permits boats to approach the landing-place at all hours.

Sea baths ; good beach.

Beautifully situated opposite St. Malo, it is very interesting on account of its old associations. Old church.

English Church.

Post and Telegraph Office : Place Duguesclin.

Doctor : Dr. Garret.

Hotel : The *Grand Hôtel de Dinard*.

Dingolfing.—Germany, Bavaria, district of the Lower Danube
Sulphurous waters.

There is a bathing establishment, which serves also as an hotel.

Doctor : Dr. Hoglauer.

Dinkhold.—Germany, Nassau, near Braùbach.

Cold bicarbonate of lime waters.

Special indications : Abdominal plethora.

Dinsdale, Low.—England, Durham.

Cold sulphate of lime waters.

Special indications : Dyspepsia.

Dios-Györ.—Austria-Hungary, comitat of Borsod, near Miskloc.

Sulphurous alkaline ferruginous waters, 70° F.

The therapeutic properties of these waters are as yet unknown. There is a small establishment, with a few rooms for visitors. The situation is fine, and the place could be greatly improved in proper hands.

Dios-Jenö.—Austria-Hungary, comitat of Neograd.

Saline ferruginous waters.

A wooden bathing establishment, and no accommodation.

Dirce.—Greece, near Thebes.

Sulphurous saline waters, 170° F.

No establishments, and the surrounding country is unhealthy, owing to extensive marshes.

Dirdsdorf.—Germany, Silesia, near Nimptsch.

Cold ferruginous waters.

A recently built bathing establishment and other buildings afford accommodation for about 200 visitors.

Doctor: Dr. Eyff.

Dissentis.—Switzerland, Prattigau.

Ferruginous waters.

Near here are the climatic air stations of *Ledrun* and *Chiamatt*.

Doctor: Dr. Condran.

Disznopatak.—Austria-Hungary, comitat of Marmarós.

Ferruginous alkaline-sulphurous waters, 45° F.

A small bathing establishment.

Waters are used only externally.

Dives.—France, Department of Calvados.

Sea baths and ferruginous waters.

Divonne-les-Bains.—France, Department of Ain, 1½ hours from Geneva. For routes see table.

Cold water springs.

Hydropathic establishment, open all the year.

Post and Telegraph.

Doctors: Drs. Botley and Vidart.

Dizenbach.—Germany, Württemberg.

Carbonate of lime waters.

Djursåtra.—Sweden, provincial district of same name in Western Gothland.

Hydropathic establishment, with several weak springs.

Doctor: Dr. Wretlind.

Dobberan.—Germany, Mecklenburg-Schwerin, on the Baltic shores.

Much frequented sea baths, in a very pleasantly situated valley. Hydromineral station. Several cold mineral springs: one saline, one saline and magnesian, and one ferruginous bicarbonate.

Special indications: Anæmia and general debility.

Doctors: Drs. Lange and Becker.

Hotels: *Du Nord*, *Lindenhof*, *Logenhaus*.

Doccio.—Italy, Tuscany, near Siena.

This spring, which has not been analysed, gives off carbonic and hydrosulphuric acid gases.

Dofana.—Italy, Tuscany.
Saline waters, 80° F.

Doktorka.—Austria, Bohemia, district of Prachin, near Prachatitz.
Alkaline waters.

Very little known. Only used for drinking by persons in the immediate neighbourhood.

Dolgelly.—Wales.
Climatic health resort.

Hotel : Royal Ship.

Doctors : Drs. Jones, Richards, &c.

Dolha.—Austria-Hungary, comitat of Marmarós, district of Huszth.
Ferruginous alkaline waters. Four springs.

This place is renowned for its mud baths. It has an establishment intended to encourage the use of these baths. The muds are also exported.

Dombhát.—Austria-Hungary, comitat of Bistritz-Naszod; railway to Dees; 20 minutes from Rodna.

Strongly effervescent alkaline-magnesian waters.

The bathing establishment is fitted with all modern comforts and requirements. Hunting, fishing and racing supply outdoor amusement.

Doctor : Dr. Bartók.

Domburg.—Holland, near Middlesburg.
Sea baths.

Domene.—France, Department Isère, near Grenoble.

Sulphurous and saline springs, 110° F.; mineralisation, 4.76 grms.

Domeray.—France, Department Maine and Loire, near Bougé.
Cold ferruginous bicarbonate waters.

Domèvre sur Vézouse.—France, Department of Meurthe, near Lunéville.
Purgative waters.

Dorfbad.—Switzerland, near Appenzell; 2,200 feet above the sea level.
Alkaline earthy waters.
The bathing establishments are mediæval.

Dorfgeismar.—Germany, Hesse, near Cassel.
Cold ferruginous waters.

There is a bathing establishment, with a Trinkhalle. The climatic conditions are favourable.

Dorna-Kandrény.—Austria, Galicia, on the Dorna.
Many cold, ferruginous, bicarbonate springs.

Season : June—September.

Special indications : Nervous affections, anæmia.

The bathing establishments are efficient, which is, however, more than can be said for the accommodation.

Doctors : Drs. Binder and Wohl.

Dorres.—France, Department of Pyrénées Orientales, near Prades.
Sulphurous sodaic springs, 95° to 100° F

Dotit.—Hungary, comitat of Gömör.
Thermal sulphur spring.

Douai.—France, Department du Nord.
Alkaline ferruginous waters. They are not used beyond the district of Douai.

Douarnenez.—France, Department of Finistere, near Quimper.
Sea baths.

Douglas.—England, Isle of Man.
Sea baths; beach good. The caves are utilised in the place of bathing machines.

Climate and air bracing but mild.

Douglas is a health and pleasure resort to which many thousands flock annually. There are endless amusements provided for visitors; large dancing halls, circuses, theatres, gardens, &c., &c. A long sea promenade. Hall Caine has assisted by novel writing and otherwise in bringing the Isle of Man into great notoriety. The principal hotel is the *Villiers*, but the Marine Promenade contains one mile of hotels and boarding houses.

Season : June—September.

Doctors : Drs. Woods, Mackenzie, Matheson, Miller, Lupton, O'Malley, &c.

Douville.—France, Department of La Manche, from Paris, *viâ* Granville.
Sea baths; sandy beach.

Dovadola.—Italy, Tuscany, near Castrocaro.
Saline waters; little used.

Dovedale.—England, between Derbyshire and Staffordshire.
Summer health and holiday resort. Visited on account of the surrounding scenery.

Dover.—England, Kent, on the Channel Coast.
Sea baths; shingly beach.
Doctors : Dr. Barton and many others.
Hotels : Lord Warden.

Dragomérfalva.—Austria-Hungary, comitat of Marmarós, district of Izavolyg.

Very strong sulphurous springs, containing naphtha, which is exported.

Drahowa.—Austria Hungary comitat of Neutra, near Iastrabje.
Cold ferruginous waters.
Strong diuretic action.

Draitschbrunnen.—Germany, Rhenish Prussia, close to Godesberg.
Earthy alkaline ferruginous waters. The waters are used in the establishments at Godesberg.

Drennon Springs.—North America, Kentucky.
Thermal sulphurous saline water.
Much frequented : beautiful site.

Dresden.—Germany, capital of the kingdom of Saxony ; from Paris by North of France Railway, *via* Cologne, Frankfurt and Leipzig, or Cologne, Berlin and Leipzig, 2s½ hours. 137½ frs. 1st class.

A very fashionable place of residence for English and American families, who winter here. It is styled the "German Florence." Cheap music, theatres, and works of art, select and polished society, are some of the advantages Dresden offers. Visitors going to Dresden should apply to the office for the Protection of Strangers, 21, Geesstrasse Kaufhaus.

OBJECTS OF INTEREST : Royal palace, Green vaults, Picture gallery, Museum of natural history, Körner Museum, Brühl terrace, Court Church, the Court Theatre, the Zwinger ; Military Museum or Historical Hall, Grand Opera house, Church of Our Lady, Grosser garten, Rietschel Museum, Zoological Gardens.

EXCURSIONS : To Saxon Switzerland, Königstein, Bastei, Pillnitz, Ottowalder, Grund, Kuhstall and Winterberg.

Post and Telegraph Office : Waisenhausstrasse.

CABS : One to four persons, 40 to 90 pfgs. ; by hour, 1 m. 60 pfgs. to 2½ mks.

English club : Bürgerwiese.

Dentist : Otto L. Schoch.

Doctors : Drs. E. Friedrich, Fiedler, Crede, &c.

Hotels : Great Union, Webers—Victoria, Belle Vue, Saxe, de Rome, de Russie, de Londres, Nord, de l'Europe, Bristol, National.

Dreykirchen.—Austria, Tyrol, valley of the Eisack, near Kollmann.
Alkali-saline waters.

Very pure and healthy air. Picturesquely situated, with numerous excursions.

The establishment is well appointed.

Driburg.—Germany, Westphalia, near Paderborn.

Earthy, saline chalybeate waters. Sulphurous muds.

Notwithstanding its numerous therapeutic resources, Driburg is little frequented. The establishment and accommodation are very good.

Doctors : Drs. Riefenstahl and Huller.

Hotels : Warnecke, Brockmann.

Drise.—Switzerland, canton of Geneva, on the road to Annecy.
Cold ferruginous water.

Drogheda.—Ireland, county Louth.
Sea bathing.
Doctors: Dr. Bradley, etc.

Drohobicz.—Austria-Hungary, Galicia, district of Sambór, near Truscawicze.
Saline waters, 25 per cent. of salt. Only used externally.
The bathing establishments are good.

Droitwich.—England, Worcestershire. $3\frac{1}{2}$ hours from London.
Saline waters and brine baths. Open all the year round.
Special indications: Rheumatic gout, rheumatoid arthritis, muscular rheumatism, sciatica, neuralgia, nervous debility, pelvic cellulitis, uterine derangements, bronchitis, rheumatic fever, cachexia, congestions of liver and spleen.
The potency of the hot salt baths of Droitwich was first recognised in 1831, during a visitation of cholera, in which it is stated to have proved specific. The Droitwich brine is the most powerful in Europe. Its efficacy in the above-mentioned special indications has been indisputably established. The brine is from ten to twelve times stronger than the ocean, and in density surpasses that of the Dead Sea by four times.
There are two large bathing establishments, the St. Andrew's and the Royal, both containing, besides private baths of three classes, large swimming baths filled with brine at a temperature of 85° F., which is a special and prominent feature of these establishments as inland salt water swimming baths.
Doctors: Drs. Cuthbertson, Corbett, Roden, Jones, and Tomlins.
Hotels: *Raven, Worcestershire Brine Baths and Royal Brine Baths.*

Drumgoon.—Ireland, Ulster, county Cavan.
Saline sulphurous waters, 50° F.

Drumrastel.—Ireland, county Cork, near Mallow Spa.
Ferruginous waters; used only internally.

Drumsna.—Ireland, county Leitrim.
Sulphurous waters, 50° to 55° F. The waters have an intense odour of sulphuretted hydrogen.

Dubograedsk.—Russia, Government of the same name.
Two bitter water and two alkali-saline springs.
Only used internally. Arrangements are of a primitive kind, and although the waters are effective, they are scarcely known beyond the immediate neighbourhood.

Dubova.—Austria-Hungary, comitat of Arva-Thuróc.
Alkaline waters.
Primitive arrangements; the waters are used only in the environs, or exported in stone bottles.

Dubrawa.—Austria-Hungary, comitat of Zips.

Cold alkaline waters.

An establishment, with a Trinkhalle.

Duivon.—France, Department of Loire, near Molières.

Bicarbonate waters analogous to those of St. Albans.

Dunbar.—Scotland, Haddingtonshire.

Sea baths, much frequented.

Doctors: Drs. Black, McDonald, and Stewart.

Dunblane.—Scotland, Perthshire, near Stirling.

Situated on the main line between England and Scotland, at its junction with the Oban and Callander Railway. At the entrance to the far-famed Trossachs, and the Scottish Central Highlands, within 10 hours direct from London and a little more than one hour from Edinburgh and Glasgow.

Hydropathic establishment in grounds extending over 20 acres, and possessing unparalleled views.

Dunblane was one of three places selected for a Scotch Royal residence. The district is certified by the highest medical authority "to be one of the choicest places in Scotland in respect of climate." Accommodation for over 200 visitors. Mineral wells. This establishment has recently been acquired by Mr. Philp, of Glenburn, Rothesay, who intends carrying it on upon the same principles of "no intoxicants" as at the latter place. Dr. Philp resident physician.

Doctors: Drs. Brown, Williamson, Howatson and Sinclair.

Dundrum.—Ireland, Down, near Downpatrick.

Sea baths; good beach.

Doctor: Dr. Nolan.

Dunkirk.—France, Department of Nord.

Sea baths, much frequented; sandy beach.

Season: June—September.

Dunkirk is duly celebrated for its extensive rabbit-shooting facilities. During season, races of importance are held. Theatre, casino, boating and fishing.

Hotels: The *Hôtel du Chapeau Rouge*, 5, Rue St. Sebastien, first-class and comfortable house, open all the year; omnibus meets all trains. M. Roux, proprietor.

Dunmore-East.—Ireland, county of Waterford.

Sea baths.

Doctor: Dr. O'Reilly.

Dunoon and Innellan.—Scotland, Argyleshire.

Sea baths; sandy beach.

Doctors: Drs. Banks, Paterson, Roxburgh and Ritchie.

Hotel: *McColl's*.

Dürenhof.—Russia, Livonia, district of Wolmar.

Sulphurous waters, containing a quantity of sulphuretted hydrogen. No establishment, and but little used.

Dürkheim an der Hardt.—Germany, Palatinate.

Saline bromo-iodurated springs, similar to the Kreuznach waters, but not so rich. Grape cure.

Doctors: Drs. Kauffmann and Loeb.

Hotel: *Four Seasons.*

Durrheim.—Germany, Baden near Donaueschingen.

Saline waters.

Doctor: Dr. Huber.

Dürrwangen.—Germany, Würtemberg, district of Bahlingen.

Sulphurous waters, containing a considerable quantity of sulphuretted hydrogen. Little frequented.

Durtal.—France, Department of Maine and Loire, near Baugé.

Ferruginous bicarbonic waters.

Düsternbrook.—Germany, Holstein.

Sea baths on the bay of Kiel.

The place is connected with Kiel by a long shady road, and the situation being charming is consequently much frequented. The prices of accommodation are equally high throughout.

Doctor: Dr. Weber.

Eastbourne.—England, Sussex, between Brighton and Hastings.

Sea baths; sandy beach; air very pure and healthy. Mortality 16 per 1,000. Much frequented.

Doctors: Dr. Habgood and many others.

Hotels: The *Queen's*, excellent house, well-appointed, with good sanitary arrangements (*see advt. at end*), *Grand, Burlington, Clifton*; also boarding houses, *Sea View, Mostyn, &c.*

Eaux-Bonnes.—France, Department of Basses Pyrénées, valley of Ossav; 2,500 feet above the sea level; half-hour from Laruns by carriage. For routes see table.

Sulphurous saline and alkaline waters, 90° F., with very strong smell. Inhalation saloon. Hydropathic establishment.

Season: June to September.

Frequented by more than 3,000 visitors.

Special indications: Angina pectoris and laryngitis, bronchitis and chronic catarrhs, asthma, chronic pleuritis, pulmonary phthisis, anæmia, lymphatism and scrofula.

"The thermal sulphurous and sulphurous saline waters of the Pyrénées, and especially the Eaux-Bonnes waters," says Dr. Cazaux, "are specific remedies in all chronic affections of the chest."

The late celebrated Dr. Pidoux wrote:—"In cases of pulmonary tuberculosis, the waters of Eaux-Bonnes possess a force

with which no medicine of the chemist can compare. Thermal Europe has no remedies, we venture to assert, worthy to be placed on the same level as the Eaux-Bonnes waters."

The town of Eaux-Bonnes is sheltered from winds by the surrounding forest-clad mountains, and can be recommended as an agreeable place of residence. It is also favourably known as an air cure station, owing to its elevated position.

Post and telegraph. Protestant and Catholic churches.

Casino, club and municipal band. Many points for excursions. Villas and furnished apartments.

Doctors : Drs. M. Cazaux and Leudet.

Hotels : The *Hôtel des Princes*, *Grand Hôtel de France*.

Eaux-Chaudes.—France, Department of Basses Pyrénées, near Eaux-Bonnes; 2,020 feet above sea level. For routes see table.

Sulphate of soda waters, from 22° to 90° F. The Baudot l'Espuriette and Bey springs are taken internally.

Special indications : Rheumatism, catarrhs, scrofula.

Doctors : Drs. Anglade and Kerr.

Hotels : *De France*, *Baudot*.

Ebeaupin.—France, Department Loire Inférieure, near Nantes.

Ferruginous bicarbonate waters, 30° F.

Ebed.—Austria-Hungary, comitat of Gran.

Sulphurous waters, 70° F. The volume of the spring is very large.

Very little known, and no establishment.

The waters are used to drive a mill, a good proof of an abundant supply.

Eberbach.—Germany, Würtemberg.

Saline waters.

A small bathing establishment.

Doctors : Frohlich and Schumacher.

Here is the largest prison in Germany, formerly a monastery.

Ebningen.—Germany, Würtemberg, district of Bahlingen.

Sulphurous waters.

A small and fairly appointed bathing establishment.

Ebriach.—Austria, Carinthia, district of Klagenfurt, near Kappel.

Alkali-saline and ferruginous waters.

The water is exported. The municipal authorities are earnestly endeavouring to provide the accommodation and amusements expected by visitors in the present day.

Echaillon (L').—France, Department of Isère, near Grenoble.

Sulphate of lime waters, 45° F.

Echaillon (L').—France, Savoy, near St. Jean de Maurienne.

Saline and sulphate of soda springs, 100° to 110° F.; highly purgative and diuretic.

Echzell.—Germany, Hesse, near Neuschwalheim.

Sulphurous waters. Used only by the peasantry.

Doctor : Dr. Retter.

Eckartsbrunnen.—Germany, Nassau.

Ferruginous waters.

Eckerberg.—Germany, Pomerania.

Air cure station and hydropathic establishment.

The place is situated in the midst of a pine forest.

Doctor : Sig. Marcus.

Eckernförde.—Germany, Schleswig, 5 hours from Kiel.

Sea baths ; sandy beach.

The bathing establishments are very efficient, and well appointed.

Doctors ; Drs. Holm and Wulff.

Ecquevilly.—France, Seine and Oise.

Cold saline spring.

Ecuillé.—France, Department of Maine and Loire.

Ferruginous bicarbonate water.

Edenkoben.—Germany, Bavaria, Palatinate, near Landau.

Sulphurous waters.

Only used in the immediate neighbourhood.

Doctors : Drs. Zahn and Grimm.

Edinburgh.—Scotland, capital city.

Hydropathic establishment in the Western suburbs at Craiglockhart.

Egartbad.—Austria, Tyrol, near Meran.

Cold sulphurous waters.

The bathing establishment, one of the best in the Tyrol, is much frequented during summer.

Air sedative and mild; Egartbad is well suited to nervous temperaments as a climatic air station.

Egbell.—Austria-Hungary, comitat of Neutra, near Skalitz.

Sulphurous waters, little used.

Egelhof.—Austria, district of Traun, near Windisch-Garsten.

Cold sulphurous waters.

A small bathing establishment, with a limited number of visitors annually.

Egerdach.—Austria, Tyrol, near Innsbruck; 1,900 feet above sea.

Alkaline waters.

The establishment affords everything necessary, and is much frequented.

Eggenberg.—Austria, near Graz, in Styria; 1,100 feet above the sea level.

Hydropathic establishment, climatic air station, whey and milk cure.

The situation is very lovely, and the close vicinity of Graz contributes powerfully to the comforts of the place.

Doctor: Dr. Weiser.

Eggishorn.—Switzerland; situated above Fiesch, on the road between Brigue and the Rhone Glacier.

Climatic health resort.

Hotel: *Hotel Eggishorn* (E. Cathrein).

Eghegh.—Austria, comitat of Grau.

Strong, cold ferruginous waters.

EGLISHAU.—Switzerland.

Climatic air station.

Doctors: Drs. Loetscher and Schenschzer.

Ehrenbreitstein.—Germany, Rhenish Prussia, opposite Coblenz, at the foot of the fortress.

Earthy waters, used in the environs as table waters, and also exported.

Doctors: Drs. Bassmann and Redeker.

Eichwald.—Austria, Bohemia, district of Leitmeritz, near Teplitz.

Hydropathic establishment, much visited.

Doctor: Dr. Brecher.

Eigenthal.—Switzerland, three hours from Lucerne; altitude, 4,000 feet.

Climatic air station; for summer visitors.

Eilsen.—Germany, principality of Schaumburg-Lippe.

Sulphate of lime springs, 35° F. Mud baths.

Special indications: Inhalation in chronic catarrhs and phthisis of the larynx.

Doctors: Drs. Weiss and Beusen.

Hotel: *Kurhaus*.

Eimbeck.—Germany, Hanover, near Göttingen.

Bicarbonate of lime water.

Einöd.—Austria, Carinthia, Styria, near Neumarkt.

Ferruginous waters.

A very bare and monotonous country, as the name indicates.

Eisenbach.—Austria, Hungary, near Schemnitz.

Thermal, ferruginous and sulphurous waters, 105°.

Very good establishment and accommodation.

Hotel: Hotel Rohigs, opposite the station.

Eisenberg, or Zelesna-Wodsk.—Russia, Caucasia, near Pjätigorsk.

Ferruginous waters, 50° to 110° F.

The establishments and general accommodation are very poor, considering the large number of visitors which the efficacy of the waters attracts.

Ejdsvold.—Norway, two hours from Christiania.

Ferruginous waters, not very rich.

Elba.—Island of, Italy, in the Mediterranean.

Ferruginous sulphur and saline waters; not used therapeutically.

Elche.—Spain, province of Alicante, and one hour by rail from that town.

Climatic winter station.

Dryer and warmer than Alicante. The accommodation, however, is but indifferent.

Elejabeitia.—Spain, province of Vizcaya, near Bilbao.

Cold sulphurous waters.

The establishment, though small, is complete. The accommodation is good and moderate in price. It is a new station, but rapidly acquiring public favour.

Elgersburg.—Germany, Saxe-Coburg-Gotha, near Ordruft.

Hydro-therapeutic establishment.

Doctor: Dr. Barwinsky.

Hotel: Kurhaus.

El-Hamma.—Algiers, near Constantine.

Bicarbonate of iron water, 90° F.

Elisabethbad.—Germany, Brandenburg, near Prenzlau.

Ferruginous bicarbonate waters.

Special indications: Nervous affections.

Elisabeth-Salzbaths.—Austria-Hungary, in the town of Ofen.

Bitter waters, the oldest spring of Ofen.

Exported to the extent of over one million bottles per annum.

There is also a bathing establishment.

Ellabria.—Switzerland, canton of St. Gall.

Sulphurous waters, not used therapeutically.

Elmen.—Germany, Saxony, district of Magdeburg, near Salza.

Saline waters.

Special indications: Affections of the glands and of the mucous membrane, rheumatism.

Doctor: Dr. Kirchheim.

Hotels: Evers, Voight.

Elöpathak, or Arapatak.—Transylvania, near Kronstadt.

Ferruginous bicarbonate water, 30° F.

Doctor : Dr. Schwarz.

Elorrio.—Spain, province of Vizcaya, near Durango.

Mixed sulphurous waters, 30° F.

Special indications : Skin diseases.

The site is very charming, with a very luxurious vegetation.

The establishment is well-fitted and the accommodation good.

Doctor : Dr. Enriquez.

Elster.—Germany, Saxony, near the Bohemian frontier ; 1,300 feet above the sea level.

Alkali-saline ferruginous waters, 25° to 30° F. A very well-appointed bathing establishment.

Special indications : Abdominal plethora, dyspepsia, and nervous affections depending on anæmia.

Mud baths, recommended in cases of rheumatic paralysis in articular disease.

Doctors : Drs. Peters, Helmkampff and Bach.

Hotels : *De Saxe, Wettiner.*

Empfing.—Germany, Bavaria, near Traunstein ; 1,300 feet above the sea level.

Indifferent waters ; hydropathic establishment. Steam, douche, mud and pine-cone sap baths.

The establishment is good, and accommodation abundant and adequate.

Ems.—Germany, Nassau, on the Lahn. For routes see table.

Alkaline-muriatic waters, 80° to 120° F.

Ems is easily reached by a short railway journey from Coblenz, *viâ* N. Lahnstein. The season is from May to October, during which period about 20,000 visitors arrive. It is a town about a mile in length, situated in the narrow valley of the river Lahn. Population about 6,500. The sides of the high hills on which the town is more or less built are precipitous, but most picturesque and thickly wooded. The town is vastly improved of late years, a magnificent kurhaus has been built, and band stands, and long covered walks made for invalids to promenade under. There is a Kurtax of about 15 shillings, with a reduction for members of each family. The mineral springs of Ems have been noted from time immemorial ; there are nineteen of them, and their use is specially indicated in cases requiring a milder form of water than Carlsbad. They have a special action in restoring the tone of relaxed or congested mucous membranes, and are recommended in diseases of the liver and stomach, and for cases

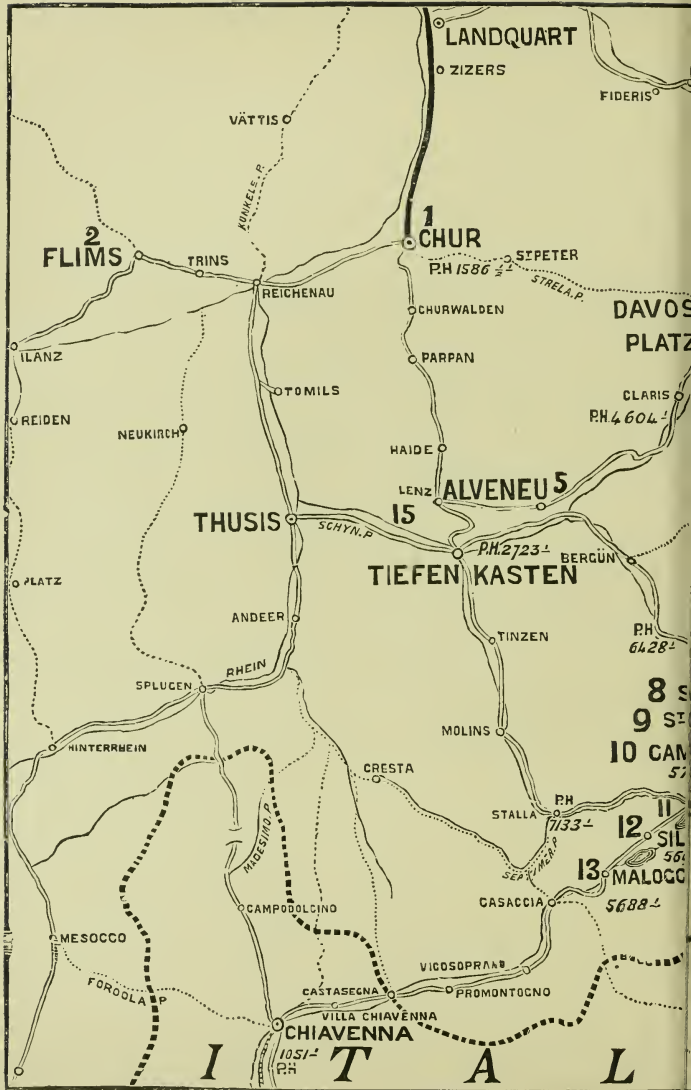
where the mucous membrane of the respiratory tract is affected, with loss of tone and chronic congestion. In no bathing place in Germany is there to be found such complete mechanical and medical arrangements for the cure of curable chest diseases, such as asthma, emphysema and chronic bronchitis. Professor Gobel has exhibited in his splendidly organized institution an amount of ingenuity and inventive genius which baffles description, and his apparatus for the relief of those suffering from diseases of the chest is exhaustively complete. The baths are perfectly equipped, and the inhalation-halls, douches, sprays, and other hydro-pathic arrangements, are of the most perfect description. The town contains a large number of hotels and pensions, at all tariffs and of all sizes. The principal hotel in Ems frequented by the English visitors is the Hotel d'Angleterre, kept by Mr. Schmidt; it contains luxurious salons, is lighted by electricity, has a lift, the sanitation has been made a special feature of, the cooking, hours of meals, &c., are all such as are suited to English tastes and habits. The hotel omnibus meets all trains. The Kurhaus Hotel is first-class, and has 200 bed rooms. Near it, marked by a stone, is the spot where the Emperor William gave M. Benedetti his final answer in 1870. The Gutenberg Hotel has a good reputation. The Four Seasons Hotel is a favourite resort for Germans and Russians. There are also the Four Towers Hotel, the Leuchtenberg, the Bristol, and the Hotel de Paris; at the latter there is no *table d'hôte*. Ems is specially well off for medical men; Dr. Geissé is a celebrated physician, and Dr. Flottmann is a well-known surgeon; there are also Drs. Hill, Vogler, and sixteen others, most of whom speak English. A special feature in the treatment of chest cases at Ems is the visit up the Funicular railway to Kennenau, 850 feet, where the air feels quite different to that of the valley below. Here patients are ordered to recline upon comfortable couches under the shady trees, amongst which are built kiosks, refreshment bars, sheltered pagodas, and all kinds of amusements, mostly under shelter. Some cases reside in the hotel at Kennenau, built in the woods. Ems is by no means an expensive place to reside in; it is full of life, and visitors of all nationalities may be seen here. There is a splendid band, and no lack of amusements. The death-rate is very low, and the hygienic state of the town all that can be desired.

Doctors: Drs. Orth, Geissé, v. Ibell, Dvüing, Vogler, Flottmann.

Enatbühl.—Switzerland, Canton of St. Gall; 3,000 feet above the sea level. Alkali-saline and sulphurous waters.

The establishment is efficient, and the accommodation good,

1. COIRE—"Hôtel Steinbock," *see* page 100.
2. FLIMS—The Kurhaus.
3. DAVOS—
4. TARASP—
5. ALVANEU—The Kurhaus, *see* page 18.
6. SCANFS—
7. PONTRESINA—"Hôtel Enderlin," &c., *see* page 298
8. SAMADEN—"Hôtel Bernina," *see* page 342.



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THUSIS

15

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BERGÜN o

P.H. 6428

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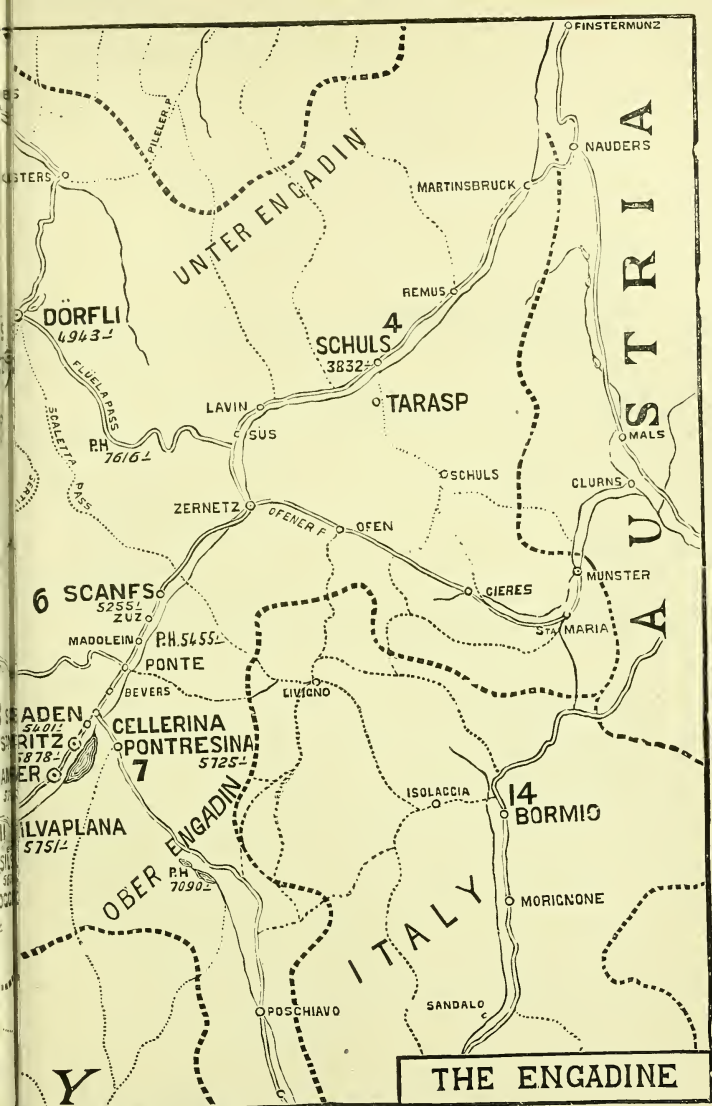
CASTASEGNA

VILLA CHIAVENNA

CHIAVENNA

P.H. 1051

I T A L



9. ST. MORITZ-BAD—Kurhaus, “Hôtel du Lac,” “Hôtel Engadiner Kulm,” “Hôtel Victoria,” *see* page 332.
10. CAMPFER—“Hôtel d’Angleterre,” *see* page 78.
11. SILVAPLANA—
12. SILS—
13. MALOJA—The Kurhaus, *see* page 231
14. BORMIO—
15. TIEFENKASTEN—

Encausse.—France, Department of Haute Garonne, near St. Gaudens.

Sulphate of lime waters, 50° F.

Special indications : Uterine and nervous affections in general.

Engadine (The).—Extends 81 kilometres from Maloja to Martinsbruck on the Austro-Swiss Frontier, divided into Lower and Upper Engadine.

Lower Engadine is the part between Martinsbruck and Brail, and the Higher Engadine is from here to Maloja. The River Inn runs along the Engadine for its whole distance.

In the Lower Engadine are found the following health resorts :—

*Suis, C.A.S. 4,700 feet	Fettan, C.A.S. 5,200
Sinestra, saline springs	Guarda, C.A.S. 5,300
Tarasp, <i>see</i> special article	Laven, C.A.S. 4,700
Vulpera	

In the Higher Engadine are—

Zug, C.A.S. 5,800	Surleg, mineral spring; <i>Grand</i>
Samaden, C.A.S. 5,700	<i>ville Hotel, de Nord and</i>
Pontresina, <i>see</i> article	<i>Grand</i>
Saint Moritz, <i>see</i> article	Sils Maria, C.A.S. 5,900
Campfer, <i>see</i> article	Maloja, <i>see</i> article
Silvaplana, <i>see</i> article	

Lower down in the Italian Valleys come—

Promontogno, <i>see</i> article	Le Prese, sulphurous mineral
Soglio, C.A.S. 3,500	spring
Castasegna, Frontier village	Bormio, hot sulphurous waters

*C.A.S., *i.e.* Climatic air station.

Engelberg.—Switzerland, on the Lake of Lucerne, 3,400 feet above the sea level.

Mountain air cure.

Situated in the centre of a valley surrounded on all sides by high mountains, the highest of which is Mount Titlis (about 9,900 feet). The peculiarity of Engelberg is the stillness of the air, which is most remarkable. The local physicians assert that the air does good to almost all diseases, but bronchial and chest affections appear to be the principal maladies benefited by a stay here.

Doctors : Drs. Brunner, Cattani and Schneer.

Hotels : *Sonnenberg* and *Titlis*.

Engbien.—France, Department of Seine and Oise, near Montmorency. Population, 2,000.

Cold sulphurous and lime waters.

Special indications : Scrofula, affections of respiratory organs, herpes and rheumatism.

Bathing establishment well fitted for hydropathic medication ; also a good Casino.

Doctors : Drs. Japhet, Pozzioli and Weill.

Engistein.—Switzerland, near Berne; 2,500 feet above the sea level.
Cold ferruginous and carbonate of lime waters.
Doctor: Dr. Weibel.

Enn.—France, Department of Pyrénées Orientales, near Prades.
Thermal neutral waters, 120° F.

Entlebach.—Switzerland.
Climatic health resort.
Doctor: Dr. Paly.

Epidaurus.—Greece, Peloponnesus, near the ruins of the old Temple of Epidaurus.
Alkali-saline bitter waters. Strong purgative action, even in small doses.

Eppenhausen.—Germany, Westphalia, near Hagen.
Alkaline-earthly waters.

Eppingen.—Germany, near Carlsruhe.
Cold sulphate of magnesia waters.

Epsom.—England, Surrey.
Sulphate of magnesian waters, rich in mineral matter, though little resorted to.
The sulphate of magnesia, which constitutes the mineral base of these waters, is usually called "Epsom Salts" in England.

Erdmannsdorf.—Germany, Silesia, near Hirschberg, on the Chemnitz and Weipert line.
Climatic air station.

There is a very fine park. The environs are very charming, though visitors are frequently annoyed by the exhalations from the neighbouring miniature lakes and the smoke of the factories in close vicinity.
Doctor: Dr. Galle.

Erdő-Benye.—Hungary, comitat of Zemplin, near Tokay. Rail to Szeghalom.
Sulphurous ferruginous waters; grape cure station.
Much frequented. Establishments and accommodation good.

Erlachbad.—Austria, Tyrol, near Brunneck.
Ferruginous alum thermal waters.
Primitive establishments.

Erlau.—Hungary, 89 miles from Budapest.
Thermal indifferent waters, 85° F.

Erlaubad.—Germany, Duchy of Baden, near Sasbach.

Thermal saline waters, 75° F.

This place is noted for the wine that is made.

Ermatingen.—Switzerland.

Climatic health resort.

Doctors: Drs. Ainmann and Broeggli.

Ermetschwyl.—Switzerland, Canton of St. Gall, near Toggenburg;
2,250 feet above sea level.

Alkaline waters, 80° F.

Special indications: Rheumatic paralysis and contractions.

Ernabrunnen.—Germany, Brunswick.

Ferruginous waters, 50° F.

Special indications: General debility, anæmia, affections of the nerve centres.

Ernsdorf.—Austria, Silesia, near Bielitz.

Whey cure station. Koumiss, pine-cone sap baths.

Doctor: Dr. von Smolenski.

Erquy.—France, Department of Côtes du Nord; from Paris, *via* Lamballe.

Sea baths; sandy beach.

Escaldas (Les).—France, Department of Pyrénées Orientales.

Thermal alkaline sulphurous waters, slightly mineralised.

Doctor: Dr. Companyo.

Eschelloh.—Germany, Bavaria, near Partenkirchen.

Earthy waters.

Scarcely known even in its own immediate neighbourhood.

Escoriaza.—Spain, province of Guipuzcoa, near Vergara.

Sulphurous earthy waters, 50° F. One ferruginous spring.

Special indications: Chronic affections of the digestive organs, bronchial and laryngeal catarrh, asthma, hyperæmia of liver and spleen, leucorrhœa, anæmia and chlorosis.

The situation is most delightful, and the gardens are very fine. The establishment and the accommodation rank amongst the best to be found in Spain. Escoriaza is consequently much frequented. The prices are, however, within the reach of every one.

Doctor: Dr. Diez.

Escouloubre.—France, Department of Aude, near Limoux.

Thermal sulphurous waters.

Special indications: Rheumatism.

Eski-Scheher.—Turkey, Asia Minor.

Thermal sulphurous water.

Esparraguera and Olesa.—Spain, Catalonia, near Barcelona.

Sulphurous waters, 90° F.

Very fine promenades, and much visited. The bathing establishments and accommodation are good.

Espinoso del Rey.—Spain, province of Toledo, near Talavera.

Ferruginous bitter waters.

Special indications: Chlorosis, leucorrhœa, urinary obstructions, bad digestion, sterility, flatulency, skorbut, hydropesia and calculi.

Essentuk.—Russia, Caucasus, near Pjätigorsk.

Cold alkaline and alkali sulphurous waters.

Season: May—October.

Special indications: Affections of the abdominal organs, hyperæmia of liver and spleen, arthritis, lithiasis, affections of the urinary organs, scrofula, emphysema and affections of the respiratory organs.

The bathing establishments and accommodation generally are luxurious, and fresh improvements are being made each year. No known European waters are so rich as those of Essentuk in iodine and bromine.

Estadilla.—Spain, province of Huesca, near Monzon.

Alkaline waters, 45° F.

Special indications: Gastric affections, chronic ulcers.

Doctor: Dr. Lopez.

Esteras.—Spain, province of Soria, near Medinaceli.

Cold sulphurous waters.

Special indications: Skin diseases, and laryngeal and pharyngeal complaints.

Etivaz.—Switzerland, Vaud; altitude 3,800 ft.; near Chateau d'Oex (*see article*).

Cold springs, containing useless ingredients and sulphuretted hydrogen gas.

Étretat.—France, Department of Seine Inférieure, near Trouville Railway Station, at Les Ifs.

Largely visited sea baths.

There is an English church here, and a casino.

Hotels: *Blanquet* and *Haurville*.

Ettingen.—Switzerland.

Climatic health resort.

Doctor: Dr. Pape.

Eufemia (Sant').—Italy, Calabria, near Nicastro.

Saline waters, 100° F.

Very famous in antiquity, as Ternia, but now entirely neglected.

Euzet.—France, Department of Gard, near Alais.
Sulphate of lime bituminous springs.
Special indications : Pulmonary catarrh.

Evauz.—France, Department of Creuse, near Aubusson.
Eight sulphate of soda springs, 60° to 140° F.
Special indications : Rheumatism, paralysis, ulcers.

Evian-les-Bains.—France, Upper Savoy, on the Lake of Geneva, opposite Lausanne, from which place it is half-hour distant by boat; 1,350 feet above the sea level. For routes see the table.

Calcareo-bicarbonated waters and climatic air station.

Special indications : Affections of the urinary and digestive organs, chronic affections of the liver and biliary apparatus, chronic nephritis, gravel, gout, vesical catarrh, chronic cystitis, congestion of the liver, diseases of the nervous centres, insomnia.

The watering-place of Evian offers to the tourist as well as to the bather an agreeable sojourn. There are five mineral springs, with diuretic and tonic properties. Facing the north, it receives refreshing breezes from across the lake.

Post and Telegraph station.

Walks and excursions in great variety into the forests and mountains, &c. Excursions, by steamer (25 departures every day), to Montreux, Chillon, Vevey, Lausanne, Geneva, &c.

Doctors : Drs. Taberlet, Million, Flottard, Dantaud, Roques, and Dumuz.

Hotels : The *Grand Hôtel des Bains, d'Evian, France, Paix, and Alpes*.

Exmouth.—England, Devonshire, 10 miles from Exeter.

Sea baths, sandy beach.

Climate : Mild.

Season : June—September.

An establishment for hot and cold baths.

Special indications : Failing digestion, debility, and catarrhal affections.

Hotel : The *Beacon*.

Doctors : Drs. Cock, Curtis, Hodgson, Johnson, Kane, &c.

Evolena.—Switzerland, Canton of Valais, 5 hours from Sitten.

Ferruginous waters.

Used only by the surrounding peasantry.

Fachingen.—Germany, Nassau, near Ems.

Cold alkaline waters; for table use only.

Special indications : Dyspepsia.

Some of the strongest alkaline waters in Germany. Largely exported.

Faenza.—Italy, Romagna, near Ravenna.

Earthy waters.

Only used by the inhabitants. The establishment and accommodation are indifferent.

Falciano.—Italy, Tuscany, on the Ghiora.

Ferruginous muriatic waters, 60° F.

Special indications : Gravel and vesical calculus.

Falkenberg.—Germany, Silesia, district of Oppeln, near Grottkau.

Ferruginous sulphurous waters.

The establishment is of a superior kind.

Doctors : Drs. Boss and Franck.

Falkenstein.—Germany, Taunus, Nassau, near Kronberg.

Hydro-therapeutic station, well known for the treatment of consumption.

Special indications : Affections of the lungs.

Doctors : Drs. Dettweiler and Hess.

Hotel : *Kurhaus*.

Falmouth.—England, Cornwall.

Sea baths ; sandy beach.

Doctor : Dr. Dub.

Hotels : *The Royal, Falmouth*

Faiú-Szlatina.—Austria-Hungary, district of Szigeth.

Alkaline ferruginous and pure alkaline and saline waters.

The country around is picturesque.

Fano.—Italy, 4 hours' rail from Bologna.

Sea baths ; sandy beach.

Arrangements fairly good.

Hotel : *Hotel Moro*.

Fano.—Denmark, on the west coast of Jutland, near Esbjerg.

Sea baths, sandy beach with strong surf.

Newly-erected establishment on the German pattern.

Farette.—France, Savoy.

Cold ferruginous arsenical waters ; a table water.

Farkas-Mező.—Austria, Transylvania, district of Udvarhely.

Earthy saline waters

Farnborough.—England, Hants ; 33 miles from London.

Hydro-therapeutic establishment, with well-appointed pine, Turkish and Russian baths, inhalation rooms, &c., on the Reichenhall principle.

Hotel : *The Queen's*.

Farnbühl.—Switzerland, near Lucerne ; 2,500 feet above the sea level.

Alkaline ferruginous waters, with free carbonic acid gas.

Faulenseebad.—Switzerland, Thun.

Sulphate of lime and ferruginous waters.

Doctor: Dr. Rummel.

Fécamp.—France, Department of Seine Inférieure.

Much frequented sea baths.

Hotel: *Hotel des Bains*.

Feldalfig.—Germany, Bavaria, near Munich.

Cold sulphurous springs.

Feldberg.—Germany, Mecklenburg-Strelitz.

Hydropathic establishment. Electro-therapeutic baths. A winter station.

Doctors: Drs. Gaspay and Westphal.

Feletekút.—Austria-Hungary.

Sulphurous waters, containing a large quantity of sulphuretted hydrogen.

No bathing establishment and no adequate accommodation.

Félines.—France, Department of Haute Loire, near Brionde.

Alkali saline waters, highly effervescent.

Felixstowe.—England, Suffolk, near Harwich.

Sea baths; firm sandy beach.

Climate bracing.

Season: July—September.

Doctors: Drs. Brooks, Ellison, Havile, Snow and Turner.

Fellthal.—Austria, Carinthia.

Cold alkaline water.

Very good establishment and accommodation.

Felsenegg.—Switzerland, Canton of Zug; 3,030 feet above sea level; 5 miles from Zug.

Climatic station. Very pure and equable atmosphere. There are several hydropathic establishments, the principal one being the Schonbrunn. The air of Felsenegg with Schoenfels has a great reputation in some chest cases, and the *bertel* cure is carried out here.

Doctor: Dr. Mehlmann.

Hotel: *Felsenegg*.

Felső-Alap.—Austria-Hungary, comitat of Weissenburg.

Bitter waters, containing iodine. Exported since 1853. No establishment.

Felső-Apsa.—Austria-Hungary, comitat of Mármaros, district of Szigeth.

Saline waters.

Accommodation and bathing establishments bad.

Felső-Bajom.—Austria, Transylvania, near Baasen.

Saline waters, 70° F.

The establishment is well arranged, and the accommodation good.

Felső-Neresznicze.—Austria-Hungary, comitat of Mármaros, Valley of Taracz.

Ferruginous, alkaline and saline waters.

Felső-Russbach.—Austria-Hungary, comitat of Zips, near Pudlein.
Earthy waters.

The establishment resembles a gothic castle of feudal times. Its ancient splendour is still attested by numerous antiquities. The gaseous emanations from the soil are very peculiar, and not without risk to men and animals.

Felső-Visso.—Austria-Hungary.

Alkaline and chalybeate waters of great strength.

No establishment, and but poor accommodation.

Feredschik.—Turkey, Roumelia, Sandshak Gallipoli.

Saline waters, 70° F.

The establishments are on a grand scale, and fitted with every luxury.

Féron.—France, Department du Nord.

Earthy waters, but little used.

Ferranche.—France, Savoy, near Chamousset.

Cold ferruginous alkaline and magnesian waters.

Ferreira.—Spain, province of Murcia.

Earthy ferruginous waters.

Special indications: Anæmia, dyspepsia, irregular menstruation, disorders of kidney and bladder.

Ferriere (La).—France, Department of Isère.

Cold sulphate of lime waters.

Ficoncella.—Italy, Tuscany, valley of the Paglia, near Siena.

Ferruginous alkaline waters, 105° F.

Though very much frequented in the time of the Roman Emperors, they are now scarcely visited.

Fideris.—Switzerland, Canton Grisons.

Cold bicarbonate of soda and chalybeate waters.

Doctor: Dr. Schmidt.

Fiestel.—Germany, Westphalia, near Lubbecke.

Sulphate of lime springs; 2 grs. of mineralisation.

Filetto.—Italy, Abruzzo, near Torano.

Earthy saline waters, 85° F.

Little used; accommodation of a very inferior kind.

Filey.—England, Yorkshire, seven miles from Scarborough.

Saline springs, deserving to be better known.

Season: June—September.

Doctor: Dr. Scrivener.

Finceschti.—Roumania, Walachia.

Sulphurous waters, 45° F.

Establishment and accommodation inferior.

Finshauts.—Switzerland, above Salvan.

Climatic air station.

Hotel: *Bel-Oiseau*.

Fischbach.—Germany, Silesia, near Hirschberg.

Climatic air station.

The castle and its extensive park are open to visitors.

Doctor: Dr. Lampel.

Fitero.—Spain, province of Navarra, near Castejon.

Saline earthy waters, 115° F.

Special indications: Rheumatism and paralysis, gout, tendinous retractions, caries, necrosis, chlorosis and anæmia.

The establishments are modern, and prices are all fixed in accordance with a tariff exhibited in the various buildings. Accommodation good.

Doctors: Dr. Gimenez de Pedro, and Dr. Coll y Amo.

Fiumorbo.—France, Corsica.

Sulphurous waters, 130° F.

Establishment and accommodation inferior.

Fladnitz.—Austria, Styria, near Villach and Friesach; 4,100 feet above the sea level.

Climatic mountain air station; whey cure.

There is a resident physician in the season.

Hotels: The *Kurhaus*.

Fläsch.—Switzerland, Argovy, near Feldkirch; 1,750 feet above the sea level.

Alkali-saline waters, 45° F.

Special indications: Gravel, vesical calculi, gout, hæmorrhoids.

The establishment is good and accommodation fair.

Fleetwood.—England, Lancashire, on the Wyre.

Sea baths; shingly beach.

Climate humid and mild.

Doctors: Drs. Day, Ash, Faussett, Ferguson, Ramsay, &c.

Flims.—Switzerland; 3,600 feet above the sea.

Climatic air station. Near here is Waldhaus Flims.

Doctor: Dr. Boner.

Flinsberg.—Germany, Silesia, near Lowenberg.

Bicarbonate ferruginous cold waters, climatic station.

Doctor: Dr. Adam.

Hotels: *Thomas, Grasser*.

Flint.—Wales.

A well-frequented sea bathing-place.

Doctors : Drs. Hughes, Marston, &c.

Florence.—Italy, formerly capital of, but now of the province of Tuscany ; from Paris through Mont Cenis, *viâ* Turin, Genoa, and Pisa, or *viâ* Marseilles, Nice, and Genoa, 32½ hours. 160½ frs. 1st class.

Florence, situated in the valley of the Arno, has been called “the fairest city of the world.” A great many English and American families reside here in winter and early spring.

OBJECTS OF INTEREST : The Cathedral or Duomo, Santa Maria del Fiore, the Campanile or bell tower, the Baptistery of San Giovanni, with the doors by Ghiberti, generally called the “Doors of Paradise” ; Church of St. Croce, del Carmine, San Lorenzo, Palazzo Vecchio, Uffizi gallery, Palazzo Pitti, Loggia dè Lanzi, Town Hall, Casa Buonarrotti, Boboli gardens, National museum, Etruscan museum, Royal Mosaic manufactory, Grand Opera, Theatres, La Pergola, Niccolini, Nusvo, Alfieri, Pagliano, Goldoni.

EXCURSIONS : Le Cascine, the Florentine Bois de Boulogne or Hyde Park, the most charming drive and promenade in all Italy ; Villa Demidoff in the neighbourhood ; the Monte Miniato, or Viale dei Colle ; a walk up the hills to Galileo’s tower ; Vallombrosa, Pontassieve, Pelago, Certaldo, Fiesole.

CABS : One-horse, by the drive, 1 fr. ; 2 frs. the first hour ; 1.50 frs. afterwards. Outside the barrier, 3 frs. the first hour ; afterwards, 2 frs.

Post-office : Uffizi. **Telegraph** : Palazzo Ricardi.

Bookseller : Hrm. Loescher, 20, Via Tornabuoni.

American Dentist : Dr. H. L. Schaffner, 8, Via dei Cerretani.

Doctors : Drs. Coldstream, Henderson, C. B. Wilson and Stewart Tidey.

Hotels : The *Hôtel d’Italie* ; the *Anglo-American Hôtel*, very comfortable ; also the *Hôtel New York*, *Hôtel Ville*, &c.

Flue.—Switzerland, near Solothurn.

Alkaline springs.

Fluhli.—Switzerland, Canton Lucerne. Station at Schüptheim altitude, 3,000 feet.

Sulphurous waters.

Doctor : Dr. Enzmann.

Flushing.—Holland ; population 13,000.

Sea baths.

More frequented of late years ; on Royal Mail route to Eastern Europe, from Queenborough.

Hotel : *Grand*.

Föhr.—Germany, island in the North Sea, off the coast of Schleswig.

Sea baths, sandy beach, very little surf.

There is an establishment for cold and warm sea baths, at Wilhelminenbad. About 16 villages and hamlets on the island,

and those on the west side have all sea baths. The scenery is less interesting than on the sister island Sylt.

Doctor: Dr. Gerber.

Folkestone.—England, Kent, on the Channel coast.

A much frequented sea bathing-place; sandy beach.

Chalybeate waters.

Doctor: Dr. Tyson.

Hotels: Norfolk, Pavilion.

Foncirgue.—France, Ariège.

Bicarbonate of lime waters, 50° F.

Special indications: Nervous affections.

Fonfrede.—France, Department of Lot and Garonne.

Alkaline magnesian waters, 35° F.

Special indications: Gravel, affections of the kidneys, bladder, liver and diabetes; deserves to be better known.

Doctor: Dr. de Gaulejac.

Fonga.—Italy, Tuscany.

Effervescent alkaline waters.

Little or no accommodation.

Fonsainte.—France, Department of Cantal, near Cahors.

Ferruginous waters.

Mostly used in after treatment.

Fonsalade.—France, Department of Puy du Dôme, near Billon.

Saline waters, only employed by the surrounding inhabitants.

Fonsanches.—France, Department of Gard, near Vigan, 2 hours from Nîmes.

Sulphate of soda waters, 60° F.

Special indications: Neuralgia and rheumatism.

Fonsrouilleuse.—France, Department of Maine and Loire, near Chaumont.

Muriatic ferruginous waters.

Only used in the immediate neighbourhood.

Fontaccia.—Italy, Tuscany, near Monte Bicchieri.

Sulphurous and saline waters, 65° F.

Fontaigre or Sorède.—France, Pyrénées Orientales, near Perpignan.

Effervescent ferruginous waters.

The hamlet is charmingly situated, while but little has been done to attract visitors.

Fonté.—Spain, province of Zaragoza, near Chiprana.

Sulphurous saline waters, 50° F.

Special indications: Abdominal affections, dyspepsia, amenorrhœa, chlorosis, hysteria, ophthalmia.

The situation is charming. The establishment is not quite up to modern requirements. Accommodation is scanty.

Doctor: Dr. Martinez.

Fontenelle.—France, Vendée, near Napoléonville.

Alkaline waters similar to those of Forges-les-Bains.

Foradade.—France, Department of Pyrénées Orientales, near Tantarel.

Bitter waters, 65° F.

Used as a purgative, but only by the resident population.

Forbach.—Germany, Alsace-Lorraine, near Saarbruck.

Cold saline water; 6 grs. of mineralisation.

Doctor: Dr. Freyvogel.

Forcerai.—France, Department of Pyrénées Orientales, near Perpignan.

Ferruginous waters, 65° F.

Fordel.—Scotland, Fifeshire.

Alkali-saline waters.

Fordignano.—Italy, Sardinia, district of Barrigado.

Saline waters, 160° F.

Renowned under the Roman Emperors, as its ruins shew; the baths are now altogether neglected. The roads leading to it are, as is almost universally the case in Sardinia, in a miserable condition.

Forges-les-Bains.—France, Department Seine and Oise. For routes see table.

Cold alkaline ferruginous springs.

Forges-les-Eaux.—France, Department of Seine Inférieure, in the Valley of Bray, Normandy. Rail from Dieppe to Paris.

Cold bicarbonate and ferruginous waters, tonic and fortifying in their action.

Special indications: Convalescence, and more especially in cases of sterility.

There is a casino, but the town is not well kept and arranged.

Doctors: Drs. Cavé and Mathon.

Hotel: Des Thermes.

Forstegg.—Switzerland, Canton St. Gall, near Sennwald.

Effervescent sulphurous waters.

Fairly good establishment

Fortuna.—Spain, province of Murcia, near Lieza.

Saline waters, 125° F.

Special indications: Rheumatism and paralysis, chronic ulcers, scrofula, neuralgias.

The establishment is one of the best in Spain, and the accommodation is good. The gardens are beautiful.

Doctor: Dr. Chacel.

Fortyogo.—Austria-Hungary, Transylvania, district of Coik.

Sulphurous alkaline waters.

Used in baths only by the surrounding peasantry.

Fossino.—Italy, Tuscany, in the bed of the Valcontò river.

Alkali-saline and ferruginous waters.

Very little used.

Fosso degli Ontani.—Italy, Tuscany, valley of the Fiora.

Alkali-saline waters, 65° F.

Foucaude.—France, Department of Herault, near Montpellier.

Warm bicarbonate of soda waters, 60° F.

Special indications: Sedative action; useful in certain nervous affections.

Fourchambault.—France, Department of Nièvre, near Nevers.

Bicarbonate of lime waters, cold.

Fowey.—England, Cornwall.

Sea baths on the south coast.

Doctors: Drs. Boger, Davis, Morse, Tuckey and Yeo.

Hotel: The Fowey.

Frailes y La Rivera.—Spain, province of Jaen, near Alcalá la Real, and 1,140 feet above sea level.

Bitter waters, 50° to 55° F.

Special indications: Bronchial catarrhs, hyperæmia of the liver, dyspepsia, leucorrhæa, chlorosis and chorea.

The situation is lovely, and the vegetation very luxuriant. The establishment is composed of 25 houses and three large edifices, having 18 balconies. The arrangements for baths are good, and the accommodation is of a superior kind; prices are, however, moderate. Ball, concert, reading, billiard, smoking and music rooms.

Doctor: Dr. Barráca.

Frankenhausen.—Germany, Thuringia, near Sondershausen.

Saline lithic waters.

Special indications: Scrofula, rheumatism.

Doctors: Drs. Graef, Ecke, and Hesre.

Hotels: Nigger, Thuringia.

Frankfurt-am-Main.—Germany; until 1866 one of the four free cities remaining of the Great Hansebund, but now annexed to Prussia; from Paris by North of France Railway, *via* Cologne and Mayence, or *via* Forbach and Mayence, 18½ hours. 85 frs. 1st class.

A very wealthy commercial town; the birthplace of the Rothschilds. Population 200,000.

OBJECTS OF INTEREST: The Cathedral, the Römer or Town Hall, Church of St. Paul, the Exchange, Städel Museum and Academy of Paintings, Bethman villas with Danecker's statue of Ariadne, Bethmann Museum, Goethe House, Public Gardens, Zoological, Botanical, and Palm Gardens, Old and New Cemetery; Günthersberg, near Bornheim, the seat of the Rothschilds. Post and Telegraph Office: Zeil No. 52.

CABS: For one or two persons, 60 pfgr.; three or four, 80 pfgrs.; for one hour, 2 mk.

Bookseller: Schottenfels, Frankfurterhof.

Dentist: Dr. Haas.

Doctors: Drs. Barry, Passavant, Rhenaud and Bockenheimer.

Hotel: The *Grand Hotel National* is recently built, and a most convenient and well-appointed establishment (see *advrt.* at end).

Also the *Frankfurter Hof* and the *Continental*.

Franzensbad.—Austria, Bohemia, near Eger; 1,900 feet above sea level. For routes see table.

Alkali-saline ferruginous waters; carbonic acid gas waters and baths; mud (the strongest in iron known) baths; nine springs, all highly charged with carbonic acid. The waters and especially the muds are largely exported.

Season: 1st May till 1st of October.

Number of visitors: About 12,000 in the season.

Special indications: Female diseases, scrofula, debility, anæmia, chlorosis, impoverishment of the blood and its effects, atony, indigestion, hæmorrhoidal affections, sterility, impotence, neuralgia, hysteria, hypochondria, difficult and disordered menstruation, chronic catarrhs of the mucous membranes, dyspnœa, dyspepsia, gout.

The situation of Franzensbad is lovely and the scenery very picturesque, being surrounded by richly-wooded hills and mountains. The climate is mountainous with a pure fresh air, very rich in ozone. The springs have been in use since the Middle Ages, and as early as 1623 foreigners are recorded to have visited the place. The greatest treasure, however, Franzensbad possesses are the inexhaustible beds of saline-iron muds (moor), which with regard to its mineral principles in sulphate of iron and free sulphuric acid is superior to any therapeutically-used mud (moor).

The bathing establishments (3) are superior, and second to none on the Continent. They are entirely complete and up to all modern therapeutic requirements.

The park and pleasure grounds surrounding Franzensbad are very extensive and fine, and this is the favourite meeting place of the foreign colony. On rainy days the colonnades near the Franzensquelle, Salz, and Wiesenquelle, offer shelter to take the necessary exercise. The Curhaus, with large conversation saloon, is very fine, as is also the

theatre. The Curhaus has also an extensive and well-supplied reading room, billiard, smoking, and gaming rooms, and the use is gratuitous. A very good Cur-orchestra plays twice daily. Concerts by celebrated artists, reunions, balls, archery, and rifle shooting, lawn tennis, &c., are the other amusements offered. More than 4,000 rooms afford ample accommodation.

Excursions are very numerous and enchanting; the nearest are Ludwigshöhe, Antonienhöhe, Stockerhöhe, Miramonti (Restaurant) Kammerbühl, &c.

For all information apply to the Mayor's office (Bürgermeister-Amt) in Franzensbad.

English Church service at Hôtel de la Poste.

Post and Telegraph offices : Neugasse.

Custom house at the station, so that the luggage can be booked through to Franzensbad without being examined at the frontier.

Bankers : Karl Wiedermann & Co.

Chemist : G. Khittl, Kaiserstrasse.

Conveyances are amply provided; carriages, horses, mules, donkeys, bath chairs, &c.

Bookseller : E. A. Götz, Kaiserstrasse.

Doctors : Drs. Sommer, Klein (who speaks English), Steinschneider, Loimann, and Egger.

Hotels : The Hôtel de la Poste, British, Gisela, Holzer, Hübner, Müller and Königs Villa.

Fraserburgh.—Scotland, Aberdeenshire, 28 miles from Aberdeen.

Sea baths, sandy beach and chalybeate waters.

Doctors : Drs. Biddle, Grieve, Smith and Trail.

Frauenstein.—Germany, Saxony; 2,000 feet above sea-level, near Schlangenbad.

Climatic air station, with bathing establishment.

Doctor : Dr. Röber.

Fredriksvärn.—Norway, near Fredrikvaern.

Sea baths.

Seaside hospital for children suffering from scrofula; established in 1892.

Doctor : Dr. Sinding Larsen.

Freiburg.—Germany, Baden, in the Breisgau; 950 feet above sea level; 37,400 inhabitants. For routes, see table. Climatic air station.

A very old town and the ancient capital of Breisgau. There is an old Münster, a fine specimen of Gothic architecture, containing many interesting objects. Archbishop's palace, Grand Ducal palace, Merchant's Hall, Statue of Victory, University and Library, are well worth visiting.

OTHER OBJECTS OF INTEREST: Schlossberg, Ludwigshöhe, Loreto chapel, Günthersthal and Schauinsland, Belchen, Müllheim, Badenweiler, Höllenthal, Titisee Feldberg, Black Forest, Suggenthal and Waldkirch.

English church service held at the late Post-office; Rev. G. Banner.

Post and Telegraph: Close to Sommer's Hôtel and Harrer's Hôtel de l'Europe.

Dentists: Von Langsdorf and Mowbray.

Doctors: Drs. Gehr, Hegar, Hofe, Bäumlér, Prof. Kraske, Drs. Bloch, Manz, and W. T. Smith.

Hotels: *Hotel Sommer, Zum Zähringernof*. This beautiful and well-known first-rate hotel is situated on the right, opposite the station, in the healthiest and finest part of the town, surrounded by its own garden, and situated among pleasant promenades (*see advt. at end*).

Harrer's Hôtel and Pension de l'Europe. First-class house, opened since May, 1890, on the left opposite the station, situated in the most sanitary part of the town (*see advt. at end*).

Freienwalde.—Germany, Brandenburg, on the Oder.

Cold ferruginous bicarbonate waters. Little frequented.

Situated in a very fine valley.

Doctors: Drs. Heller and Blume.

Hotel: *Kurhaus*.

Freudenstadt.—Germany, near Rippoldsau.

Climatic air station.

Freshwater.—England, Isle of Wight.

Sea baths, pebbly beach.

Climate pure and bracing.

Doctors: Drs. Hollis and Reilly.

Freyersbach.—Germany, Duchy of Baden.

Bicarbonate and ferruginous waters. Treatment by means of mud and carbonic acid gas baths. Little visited.

Special indications: Liver complaints, female diseases, disorders of the respiratory and urinary organs.

Doctors: Drs. Mast and Schneider.

Fribourg.—Switzerland, capital of canton of same name; from Paris, *viâ* Belfort and Basle to Fribourg.

A picturesque old town, founded in the twelfth century, and well worth staying at for a day, in order to see the various sights of interest, such as the—Temple Réforme, Convent of Ursulines, Lyceum and College, Town Hall, Cathedral of St. Nicholas, with the most celebrated organ in Europe (concerts every evening); Chancelry and Wire bridge, Church of St. Augustin, Convents of Montarge and Cordelier, Churches of Notre Dame and Capucins, Seminary, Pensionate of the Jesuits,

Orphanage, Museum, Colonna (opened 1881), Suspension Bridge and Chapel of Lorette.

Near here are the health resorts of Bonn, Garmiswyl and Marat.

Excursions : Promenade of the Palatinate, Viaduct of Grandfrey, Haute-rive Bourgileon, artificial lake of Perolles, fish hatching establishments, garden of the hospital, the Black Lake, Kaiseregg, Gruyères, Morat and Avenches.

Post and Telegraph Office.

Hotel : The *Grand Hôtel National*.

Fridau.—Switzerland, Canton Soleure, near Mount Jura ; altitude, 2,700 feet.

Climatic health resort.

Season : May to October.

Doctor : Dr. Christen.

Friedrichshafen.—Germany, Würtemberg, on the north shore of the Lake of Constance ; 1,376 feet above sea level ; 3,300 inhabitants.

A climatic summer station. Lake and Turkish baths.

The town is very old, but owing to recent additions it has acquired quite a modern aspect. The situation is very fine and picturesque, overlooking the lake and the opposite coast of Switzerland, with its mountain chains. Like all stations on the lake of Constance, it forms a good centre for excursions. There is a Kursaal, with park, on the shores of the lake. A museum, with many interesting objects illustrating the history of the lake of Constance and its primitive inhabitants. The King of Würtemberg resides here in summer ; the castle and park are both open to visitors.

Amongst the favourite excursions may be mentioned Mauzell, Berg, Unter, and Ober Theuringen, Lochbrücke, Trautenmühle, Waggershausen Riedle, St. George, Tett nang, Ravensburg, Wolfegg and Waldburg.

Post and telegraph office at the railway station.

Doctors : Drs. Seibold and Faber.

Hotel : The *Hôtel de la Couronne*, *Deutscher House* and *Krone*.

Friedrichshall.—Germany, Thuringia, near Cobourg.

Bitter water, contains common salt, sulphate of soda and magnesia.

It is less irritating, and consequently less purgative, than the waters of Pullna and Seidlitz, which allows of its being taken for a greater length of time.

Only used for exportation.

Friedsrichroda.—Germany, Thuringia, near Gotha ; 1,300 feet above the sea level.

Saline waters and pine-cone baths.

Very picturesque site.

Doctors : Drs. Keil and Weidner.

Hotels : *De Berlin*, *Herzog Ernst*.

Friedrich Wilhelmsbad.—Prussia, Island of Rügen, near Puttbus, in the Baltic.

A much frequented and very fashionable sea-bathing resort. Established 1816. There is a very magnificent park, and the place, being sheltered against northern winds by arge beech forests, has a mild climate.

Season : June—September.

Doctor : Dr. Pagé.

Frohburg.—Switzerland ; 3,000 feet high ; near Oulten.
Climatic air station.

Frohnleiten.—Austria, Styria, one hour from Gratz.

Hydropathic establishment and climatic air station.

The establishment is open all the year. The surrounding country charming.

Doctor : Dr. Seeliger.

Fuen-Alamo.—Spain, province of Jaen.

Sulphurous waters, 45° F.

Special indications : Cutaneous affections.

Primitive arrangements, but prices very moderate.

Doctor : Dr. Salafranca.

Fuencaliente—Spain, province of Ciudad-Real, near Puertollano.

Ferruginous waters, 100° F. ; douches, steam and mud baths.

Special indications : Rheumatism, paralysis, muscular contractions, corea, hysteria, anæmia and chlorosis.

The situation is good. The establishment is of recent construction, and the accommodation is abundant.

Doctor : Dr. Crespo y Escoriaza.

Fuente-Amargosa.—Spain, province of Malaga, near Vélez.

Sulphurous complex waters.

Special indications : Female complaints, affections of the genito urinary organs and disorders of the stomach.

Doctor : Dr. Ortiz.

Fuente del Fresno.—Spain, province of Ciudad-Real, near Consuegra.
Saline waters.

Fuenterrabia.—Spain, province of Guipuzcoa.

Sea baths ; rocky and sandy beach.

Fuente de Piedra.—Spain, province of Malaga.

Indifferent waters, 60° F.

Known under the Romans as highly efficacious in cases of calculus.

Fuente del Rosal.—Spain, province of Cuenca, near Beteta.

Earthy waters, 65° F.

Much visited, but deficient in comfort.

Fuente del Toro.—Spain, province of Madrid.

Cold sulphurous waters, containing much free sulphur.

Fuente Santa de Gayangos.—Spain, province of Burgos, near Espinoza and Medina de Pomar.

Sulphurous earthy waters.

Special indications: Gravel, vesical catarrh, calculus and affections of the mucous membranes.

The establishment is old fashioned. Accommodation is abundant and moderate in price.

Doctor: Dr. Carrio y Grifol.

Fuente Santa de Lorca.—Spain, province of Murcia, near Lorca.

Sulphurous earthy waters.

The site is very charming, but the establishment inadequate. Accommodation not of the best.

Doctor: Dr. Bernabeu.

Fuente Santa de Torrelló.—Spain, province of Barcelona, near Vich.

Sulphurous waters, containing magnesia.

Special indications: Chronic skin diseases, scrofula, lymphatism, difficult menstruation, atony, obstructions of the abdominal viscerae, &c.

There is a tolerable establishment. The surrounding country is romantic, with long shady walks.

Fuente Sublantina.—Spain, province of Leon.

Ferruginous waters, 50° F.

Only used internally. There is no accommodation.

Fumades.—France, Department of Gard, near Alais.

Sulphate of calcium bituminous waters, 40° F.

Special indications: Skin diseases and chest affections.

Füred, or Balaton-Füred.—Hungary, comitat of Szalad.

Earthy, alkaline and ferruginous water; baths in the lake of Balaton; mud baths; milk cure.

Special indications: Anæmia, chlorosis, debility.

This town is picturesquely situated, and affords valuable therapeutic aid.

Doctors: Dr. Mangold and Hurei.

Furnsund.—Sweden, three hours from Stockholm.

Sea baths.

Beautiful scenery and good bathing; much frequented by the residents of Stockholm.

Doctor: Dr. Enblad.

Füssen.—Germany, Upper Bavaria, near Biessenhofen; 2,450 feet above the sea level.

Climatic air station.

Doctors: Drs. Brand and Hoffmann.

Gabernig.—Austria, Styria, near Rohitsch.

Alkali-saline ferruginous waters.

Only internally employed.

Gabian.—France, Hérault, near Beziers.

Effervescent ferruginous waters. Little visited.

Gadara.—Syria, near Lake Tiberias (Tabarieh).

Hyperthermal sulphurous waters; mud baths. Much frequented by the Arabs. Primitive appliances.

Special indications : Herpes, rheumatism and elephantiasis.

Gafete.—Portugal, province of Estremadura.

Cold effervescent sulphurous waters.

Gagliana.—Italy, Tuscany, valley of the Arno, near Figline.

Earthy ferruginous waters, 50° F.

Gaieiras.—Portugal, province of Estremadura.

Sulphurous waters, 95° F.

Little visited.

Gainfahn.—Austria, one hour's rail from Vienna, and close to Vöslau.

Hydropathic establishment. Much frequented.

Doctor : Dr. Friedmann.

Gais.—Switzerland, canton of Appenzell; 3,000 feet above sea level. Population, 2,500.

Bicarbonate of iron, and carbonate of lime waters; climatic and whey cure station.

Doctors : Drs. Küng, Kürsteiner and Zürcher.

Galaxidion.—Greece, Morea.

Saline waters, 65° F.

Special indications : Spleen and liver affections.

Galera.—Spain, province of Granada, near Húscar.

Cold sulphurous waters. Not much visited.

Galleraje.—Italy, Tuscany, valley of Cecina.

One thermal sulphurous spring, 115° F.; two bicarbonate and ferruginous springs, 45° F.

Season : May and June, September and October.

Good establishment and accommodation.

Galthof.—Austria, Moravia, near Brunn.

Bitter waters, some of the mildest of their class.

The water is exclusively used for exportation, and is but little known.

Galway Spa.—Ireland, Connaught.

Muriatic ferruginous waters. Only used internally by the inhabitants.

Doctors : Drs. Anderson and Brereton.

- Gamarde.**—France, Department of Landes, near Dax
Cold sulphate of lime springs.
- Gandesa.**—Spain, province of Tarragona.
Thermal sulphurous waters.
- Garde de Bio (La).**—France, Department of Lot.
Cold sulphate of sodium waters.
Special indications: Affections of the stomach.
Doctor: Dr. Audual.
- Gardiniere.**—France, Department of Ain, near St. Rambert-en-Bugey.
Sulphate of lime waters. Little used.
- Gardone.**—Riviera, Italy, on Lake Garda.
Winter and summer health resort.
- Garmisch.**—Germany, Upper Bavaria, near Partenkirchen; 2,100 feet above the sea level.
Climatic air station, whey cure.
Doctor: Dr. Friedr. Hiemer.
- Garmyswyl.**—Switzerland, Canton of Fribourg; 1,950 feet above sea level.
Cold sulphurous waters. Little used.
- Garriga (La).**—Spain, province of Barcelona, near Granollers.
Saline waters, 100° F.; various springs.
Special indications: Chronic rheumatism, tendinous contractions, articular swellings, neuralgias, colics, vesical catarrhs and skin diseases.
The bathing establishment is good, and situated in a beautiful valley; it affords good accommodation at reasonable prices. Various interesting excursions may be made in the neighbourhood.
Doctor: Dr. Padrals.
- Garris.**—France, Lower Pyrénées, near Maüléon.
Sulphate of lime springs.
- Garryhill Spa.**—Ireland, County Carlow.
Ferruginous waters.
- Gastein, or Wildbad-Gastein and Hof-Gastein.**—Austria, Duchy of Salzburg; 2,900 feet above sea level. For routes see table.
Indifferent waters. Eighteen springs, of which nine only are utilised; temperature ranges from 75° to 170° F.
Although these waters are not more highly mineralised than ordinary water, they are useful in relieving nervous affections, gout and rheumatism. They are supposed to contain electricity, and certainly have some physiological action hitherto unaccounted for.
Special indications: Hypochondria, neuralgia, hysteria, impotency, locomotor ataxy and gout.
The price of lodgings is fixed by the authorities.
Doctors: Drs. Bunzel, Gager, Pröll and Schider.
Hotels: Straubinger, Schloss.

Gath.—Austria-Hungary, Transylvania, near Stuhlweissenburg.
Earthy waters, 50° F.

Gausdal.—Norway, between Gudbrandsdal and Valdres. Air station,
2,575 feet above the sea level.

Alpine climate. Fine situation among spruce, fir and pine woods.

Special indications: Nervous disorders; convalescents and consumptive patients are not received.

Doctor: Dr. Stabell.

Gava.—Spain, province of Barcelona.

Bicarbonate and ferruginous waters, 45° F.

Gaviria.—Spain, province of Guipuzcoa.

Sulphur springs, 45° F.

Doctor: Dr. Pardo.

Gavorrano.—Italy, Tuscany, valley of the Pecora.

Earthy ferruginous waters, 90° F.

The bathing establishment is good, but the unhealthiness of the site prevents any large concourse of visitors.

Gebangau.—Java, Dutch Indies.

Saline springs, rich in iodine and magnesia.

Gehringwalde.—Germany, Saxony, near Wolkenstein.

Earthy alkaline waters, 75° F.

Only used in baths. The establishment contains all modern appliances, and affords comfortable accommodation to visitors.

Geilnau.—Germany, Nassau, near Dietz.

Alkaline ferruginous table waters, analogous to those of Selters. Exported only.

Geisslingen.—Germany, Würtemberg, between Stuttgart and Ulm.

Indifferent waters.

A small establishment.

Doctor: Drs. Helbling and Knauss.

Geltschberg.—Austria, Bohemia, near Leitmeritz.

Hydropathic establishment. Climatic air station.

Doctor: Dr. Watzka.

Gempelenbad.—Switzerland, canton of St. Gall; 1,680 feet above the sea level.

Earthy waters.

Used only by the surrounding peasantry.

Genestelle.—France, Department of Ardèche, near Antraigues.

Effervescent ferruginous waters. Scarcely known.

Geneva.—Switzerland, on the Lake of Geneva.

Transition station. Bathers from Aix-les-Bains come here to take a few days' rest after their cure.

Milk cure.

Bookseller : Monroe, 32, Grand Quai.

Doctors : Drs. Cordés and Menzies.

Hotels : *de Genève, Richmond, de la Paix, Poste, Beaukivage, &c.*

Genoa.—Italy, on the Bay of Genoa, in Liguria; long a Republic, but now united with the kingdom of Italy; from Paris by P.L.M., *cià* Mont Cenis, or Marseilles, Nice, 25 hours. 120 frs. 1st class.

Genoa, called "La Superba," or the "Proud," is situated in the middle of the Riviera. It is a city of great antiquity, and is seen to the best advantage when entering the harbour by boat. The hills are covered with villas. A very fine harbour, protected by two moles.

OBJECTS OF INTEREST : The Corso, Cathedral of San Lorenzo, l'Annunziata, Palazzo Brignole, Palazzo Pallavicini, Doria Torsi, Balbi, Palazzo Reale, Palazzo Doria, della Università with a library, Ducale; Bank of St. George (the oldest bank in Europe) Exchange in Loggia dè Bauchi, Academy, Public Library, Theatre Carlo Felice, Public Gardens, the Fortifications.

EXCURSIONS : Villas Doria and Pallavicini, at Pegli; Nervi and Sestri-ponte.

Post and Telegraph Office : Piazza Fontana Moroso.

CABS : One-horse, 1 fr. the drive; by the hour, 1 fr. 50 c.

Doctor : Dr. Breiting, 33, Via Mamelli.

Hotels : The *Grand Hôtel de Gênes*, first-class, best position in Genoa facing the Opera House and near the Post. Lift; electric light. Bonera Frères, proprietors (*see advt. at end*). Also the *Isotta, Londres, de la Ville, &c.*

Georgenbad.—Germany, Saxony, near the Bohemian frontier.

Sulphurous acidulated waters.

The bathing establishment has been much neglected.

Gerace.—Italy, province of Reggio di Calabria. Rail from Naples to Reggio, stop at Gerace, thence to the baths by omnibus or carriage, one hour.

Effervescent saline, ferruginous and sulphurous waters, containing arsenic; the air is pure and healthy.

Season : May—September.

Special indications : Inflammation of the respiratory and digestive organs, herpes, skin diseases; chronic, articular and muscular rheumatism; glandular obstructions, *radical cure of syphilis*.

The establishment is not such as the efficacy of the waters and the large number of visitors require.

The hotels are good and comfortable; villas and private houses may also be had for the season or by the month.

Gerardmer.—France, Department of Vosges ; 2,375 feet above sea level.

Hydropathic establishment, open from May 1st to October 1st, with complete system for applying hydropathic treatment. Good baths.

The establishment, founded in 1860, was replaced in 1875 by a new institution, comfortably fitted. This has in its turn given place to the new establishment opened in 1892, where all the latest improvements will be found, with every arrangement for pine baths and general hydropathy. The air of Gerardmer is rich in ozone. Situated in a lovely part of the Vosges. Family board and residence at the doctor's house, and both boarders and outside patients are received at the establishment.

Post and Telegraph Office.

Doctor : Dr. Greuell.

Gersau.—Switzerland, on the lake of Lucerne ; 1,400 feet above sea level ; principal village of the Lac. IV. Cantons ; 2,000 inhabitants. For routes see table to Lucerne ; thence by boat in 1½ hours.

A climatic station, and also for the whey and grape cure. Inhalations, spray, pneumatic apparatus, electricity and shower baths. Bathing establishment on the lake.

Season : Spring, summer and autumn, but open all the year.

Gersau is a quiet but charming village, situated on the southern slopes of the Righi. Its position is extremely picturesque and well sheltered. The climate is similar to Vevey and Montreux, but milder and less variable. The fact that fig trees, almonds and laurels grow well out of doors through the winter, shews how genial the climate is. Gersau is much visited by patients going to and from the Riviera and Italy, while a good many pass the whole winter here. During the summer months it is more a centre for excursions, which may be taken in endless variety, and the mere enumeration of which would occupy too much space. A large park is open to visitors. Near Gersau are the following health resorts, reached by steamboat or carriage :—*Brunnen, Seelisberg, Rorschach, Axenstein, Axenfels, Beckenreid, Fluelen, Burgenstock, and Alpnachstad.*

Post, Telephone and Telegraph Office.

English Church.

Doctor : Dr. H. Erni-Greiftenbery.

Hotel : The Hotel Müller.

Gergal.—Spain, province of Almeria.

Sulphurous waters, and also a ferruginous spring.

They are much resorted to, but accommodation is incredibly antiquated.

Gernsbach.—Germany, Baden, near Rastadt.

Climatic summer station.

Doctors: Drs. Krische and Weilepp.

Geroldsgrün.—Germany, Bavaria, near Steben.

Cold ferruginous bicarbonate waters.

Gerolstein.—Germany, Rhenish Prussia, in the Eifel, near Trèves.

The waters used largely under this name in England as table waters, and exported by an English Company, are in reality those of Birresborn.

Doctors: Drs. Schmitt and Walbaum.

Gerona.—Spain, capital of province of Gerona.

Highly effervescent indifferent waters. Contain a little iron.

Only used as table water.

Gibraltar.—Spain; belonging to England.

A winter health resort. Known as the Key of the Mediterranean from its commanding position and strong fortifications.

Doctors: Drs. Patron, Turner, Koerber, Cortes, Wheeler, &c.

Hotels: *Royal, Calpe, Grand, &c.*

Giengen.—Germany, Wurtemberg, near Heidenheim; 1,450 feet above sea level.

Earthy waters, of the same class as "Wild baths."

Very good establishment; largely frequented.

Doctors: Drs. Crone and Fuass.

Giesbach.—Switzerland, Oberland.

Climatic health resort. Hydropathic establishment.

A favourite centre for tourists.

Doctor: Dr. Wagner.

Near here are *Azalp, Brienz, Lauterbrunnen, Murren, Wengen, Grindelwald, Meiringen* and others.

Giesshobl-Puchstein.—Austria, Bohemia, near Carlsbad; 1,100 feet above sea level.

Pure alkaline waters.

The water is chiefly exported. There is a whey cure and hydropathic establishment.

Special indications: Feeble digestion and nervous stomachic disorders, affections of the urinary organs, albuminuria, diabetes.

A very elegant and comfortable Kurhaus.

Doctor: Dr. Gastl.

Giglio.—Italy, Tuscany, Island of Giglio.

Ferruginous effervescent waters, used only as table waters.

Gigondas, or Montmirail.—France, Department of Vaùclùse.

Acidulated waters, 60° F.

Mild but unsteady climate.

Gigonza.—Spain, province of Cadiz.

Cold sulphate of lime waters.

Gijon.—Spain, province of Asturias, near Oviedo.

Sea baths. The beaches (two) are very safe, and of the finest sand. The establishments are first-rate. Hot and cold sea-water baths. Very fashionable.

The scenery is highly picturesque, and the excursions in the neighbourhood very interesting. The town offers every variety of amusement, and is visited by some 2,500 bathers during the season.

Gilsland.—England, Cumberland, on the line of railway from Carlisle to Newcastle.

Sulphurous waters.

Special indications : Dyspepsia, insomnia, &c.

Hotel : Shaw's.

Doctors : Drs. Bradshaw and Hewer.

Gimel.—Switzerland, Canton Vaud. Climatic air station ; 2,500 feet above sea level.

Doctor : Dr. Chausson.

Ginols.—France, Department of Aude, near Limoux.

Thermal sulphate of magnesia waters, 75° F.

Mildly laxative and diuretic.

Gisi.—Switzerland, Canton Unterwalden.

Alkaline waters. Not used.

Gissenay.—Switzerland.

A small health resort.

Doctor : Dr. Teuscher.

Giunco Marino.—Italy, Tuscany, Valley of the Lower Arno, district of Lorenzana.

Alkaline-ferruginous waters, 50° F.

Only used in the immediate neighbourhood.

Glaine-Montaigut.—France, Puy de Dôme, near Clermont-Ferrand.

Cold ferruginous waters.

Gleichenberg.—Austria, Styria, near Graz. One hour by carriage from Feldbach station on the West Austrian Railway, and 3 hours from Spielfeld on the South Austrian line.

Alkaline, muriatic and iron waters, four springs. Grape cure in autumn. Climatic air station in spring and autumn. Pine needle and natural brine spray inhalations. Pneumatic chamber, with room for nine persons. Large respiration apparatus. Sparkling carbonic baths, chalybeate, pine needle and sweet water baths.

Season : May—October.

Special indications : Nasal catarrh, chronic inflammation of

pharynx and larynx, chronic bronchial catarrhs, emphysema, asthma, chronic catarrh, incipient phthisis, affections of the intestines, congestion of liver and spleen, vesical catarrh, amenorrhœa, sterility, chlorosis, scrofula, anæmia, gout and chronic rheumatism.

Gleichenberg is situated in a park-like valley, offering great diversity of scenery and vegetation. The accommodation is of the best, and the climate is mild and equable. Gleichenberg is consequently a convenient intermediate halting-place for invalids passing from a southern to a northern climate.

Post and telegraph. Excursions of the most varied nature. Concerts twice daily, theatre, casino, reading rooms, tombolas, &c.

Doctors : Drs. Brühl, Kaufer, and Rauch.

Rooms, mineral waters and carriages, should be ordered from the management of the baths, Gleichenberg.

Gleissen.—Germany, Brandenburg, near Langsberg and Küstrin.

Saline ferruginous waters ; whey cure.

A very good establishment.

Gleisslibergerbad.—Austria, Tyrol, near Botzen.

Cold sulphurous waters.

A small bathing establishment

Gleissweiler.—Germany, Palatinate, near Landau ; 1,000 feet above sea level.

Hydro-therapeutic establishment ; koumiss, whey and grape cures.

Doctor : Dr. Schneider.

Hotel : The Establishment.

Glengariff.—Ireland, Cork, near Bantry.

Sea baths ; climate bracing but mild ; lovely scenery, but the rainfall is heavy. Much crowded in summer, and used by some visitors as a winter resort.

Doctor : Dr. Adderley.

Glenn-Sulphur-Springs.—U. S. America, North Carolina, near Columbia.

Sulphate of magnesia springs.

Much frequented.

Glion.—S. Montreux, Switzerland, Canton Vaud ; 1,000 feet above Montreux ; reached from thence in 9 minutes by the Funicular Railway.

Climatic health resort ; air bracing ; much frequented in the summer by visitors from Montreux and other places on the borders of the Lake of Geneva.

An English church has recently been built.

Hotels : Victoria, Righi-Vaudois, de Glion, Belle Vue.

Gloucester.—England.

Saline ferruginous waters.

Much frequented, and possessing good bathing appliances.

Doctors : Drs. Batten, Campbell and many others.

Hotels : *Bell, Fowler's.*

Glücksburg.—Germany, Schleswig, on the Bay of Flensburg.

Sea baths.

The situation is fine, and there are large beech and oak forests in the surroundings.

Doctor : Dr. Schmid.

Gmünd.—Austria, Carinthia, district of Villach.

Two cold sulphurous springs.

Only used by the surrounding peasantry.

Gmunden.—Austria, Upper Austria ; 1,290 feet above sea level.

Saline waters, 25 per cent., 2 per cent. more than at Reichenhall. Climatic station.

The Curhaus provides saline, brine, warm, pine-cone and steam baths, and the arrangements are very efficient. The casino contains concert, card, reading and ball rooms, and is elegantly fitted up.

The scenery around is very picturesque.

Doctors : Drs. Wagner, Gallarde, and Riedener.

Hotels : *Belle Vue, Austria.*

Goczalkowitz.—Germany, Silesia, near Pless.

Very strong, bromo-iodurated saline waters, containing iron, 50° F.

There is a very good establishment, principally for sitz baths.

Doctors : Drs. Babel and Kratzert.

Godelheim.—Germany, Westphalia, district of Höxter.

Cold bicarbonate and ferruginous waters.

A good establishment, but little known.

Godesberg.—Germany, Rhenish Prussia, near Bonn.

Alkaline-saline ferruginous waters. Climatic summer station of great repute, and much frequented.

A charming little town in a very picturesque country, near the seven mountains chain ; half-hour from Bonn. Combines town with country comforts.

Doctors : Drs. Finkelnburg, Brockhaus and Schaumann.

Hotels : *Blinzler, Alder, and Riebes.*

Golaise (La).—Switzerland, Canton Valais.

Sulphurous and ferruginous waters.

Goldbach.—Germany, Bavaria, near Aschaffenburg.

Alkaline ferruginous waters.

Goldberg.—Germany, Grand Duchy of Mecklenburg-Schwerin, near Güstrow.

Chalybeate waters.

An efficient bathing establishment, containing sitz, douche, spray and steam baths.

Golden Bridge.—Ireland, county Dublin.

Strong sulphurous waters.

Very good establishments.

Gonten.—Switzerland, Canton of Appenzell ; 2,750 feet above sea level.

Earthy ferruginous waters.

The establishments are thoroughly efficient, and afford comfortable accommodation.

Doctor : Dr. Sutter.

Near Gonten are the following, all having iron springs :

Jakobsbad, *Waldstall* and *Heinrichsbad*.

Also *Schwelbrun*, whey cure, and many other smaller health resorts.

Göppingen.—Germany, Würtemberg, between Stuttgart and Ulm.

Alkaline magnesia waters. Exported.

A well-arranged establishment. Charmingly situated.

Doctors : Drs. Engelhorn and Landerer.

Görbersdorf.—Germany, Silesia, circuit of Breslau ; rail to Dittersbach 1,700 feet above sea level. For routes see table.

Mountain air cure station.

Special indications : Phthisis, affections of the respiratory organs, anæmia, chlorosis, nervous asthma and emphysema.

Doctors : Drs. Römpler and Weicker.

The Kurhaus is under the direction of Dr. Acktermann.

Gori.—Russia, Caucasus, near Semu-Chwedureti, district of Gori.

Cold sulphurous waters.

Special indications : Mercurial dyscrasia, liver and spleen disorders, old sores, herpes.

No establishment, and the baths are taken in common by patients in a natural basin in the rocks.

Gortwa-Kisfalú.—Austria-Hungary, near Vargeden.

Cold ferruginous waters.

Accommodation indifferent.

Gorz or Goritz.—Austria, Illyria.

A climatic winter station. Grape cure.

Very pure air.

Season : Autumn and early spring.

Special indications : Scrofula, rhachitis, chronic catarrh, with emphysema, phthisis, nervous complaints.

Mean winter temperature, 52° F. ; windless days, 71 in winter season ; rainy days, 81 ; cloudless days, 53 ; mean rain-

fall, 841 m/m. The climate must therefore be considered as a humid one.

Doctor : Dr. Arone.

Hotels : The *Grand, de la Poste*.

Goschwitz.—Germany, Duchy of Saxe-Weimar, near Jena.

Cold sulphate of lime waters.

Doctor : Dr. Rosenau.

Gossweinstein.—Germany, Bavaria, near Muggendorf.

Climatic air station.

The situation is charming, overlooking the entire panorama of Franconian Switzerland. The accommodation is as yet scanty, but very good and moderate in price.

Doctor : Dr. Balzer.

Gournay.—France, Department of Seine Inférieure, near Neufchâtel-en-Bray.

Cold ferruginous waters.

Only used in the neighbourhood as a table water.

Gourock.—Scotland, Renfrewshire, on the Clyde.

Sea baths, with good beach and healthy climate.

Doctor : Dr. Leitch.

Grabalos.—Spain, province of Logroño, near Castejon.

Sulphate of lime waters.

The establishment is modern and complete. The accommodation is good, and the environs are very picturesque. Good hunting and fishing.

Graena.—Spain, province of Granada, near Guadix; 2,900 feet above sea level.

Thermal ferruginous and sulphurous waters, 100° to 105° F.

Special indications : Rheumatism, paralysis, gout, hemiplegia and paraplegia, nervous affections, corea, chlorosis, anæmia, amenorrhœa and dismenorrhœa.

Superior bathing appliances and accommodation.

Doctor : Dr. Estrada.

Grafenberg.—Austria, Silesia.

Indifferent waters. Hydropathic establishment of great celebrity.

Doctors : Drs. Angel and Schindler.

Hotels : *Crown Prince*.

Gramat.—France, Department of Lot, near Gourdon.

Cold bicarbonate of iron waters.

Gran.—Austria-Hungary, comitat of Gran.

Sulphate of magnesia or bitter waters. Mineralisation 108 gr., of which 104 are sulphate of magnesia.

One of the strongest bitter waters known. The action is rapid and very marked, even in small doses.

Granada.—Spain, the ancient capital of the Moorish Kingdom, and at present of the Province of Granada; from Paris, *viâ* Bordeaux, Irân, and Madrid, 41½ hours.

Granada is a very old town, on the confluence of the Darro and Genil, partly built in a valley and partly on the slopes of a mountain. Built in the form of an amphitheatre, it adorns the hill slopes on which the Alhambra stands.

OBJECTS OF INTEREST: The Alhambra, Generalife, and Moorish remains; Cathedral and Capilla de los Reyes, Cartuja, Churches of various saints, Public and Private Palaces, Zacatin, Alcaiceria, University, Museum, Casas Consistoriales, Court of Chancery, Lunatic Asylum, Libraries, several old Gateways, Theatre.

Post Office: Plaza de San Augustin.

Telegraph Office: Calle de la Duquesa.

Cabs: The course, 6 reals or 3 frs.; to any part of the town 12 reals or 6 frs., except Alhambra or Generalife, for which 10 reals extra are asked.

Hotels: de la Alameda, de la Victoria, de los Siete Suelos, Washington Irving.

Grandcamp.—France, Department of Calvados, from Paris, *viâ* Isigny. Sea baths, with good sandy beach.

Grandeeyrolles.—France, Department of Puy de Dôme, near Issoire. Ferruginous bicarbonate waters.

Grandrif.—France, Department of Puy de Dôme, near Ambert. Cold bicarbonate of lime waters.

Grange-over-Sands.—England, Lancashire, Morecambe Bay. Sea baths, but the beach contains quicksands, and therefore bathing is not safe.

Season: March—October.

Doctors: Drs. Beardsley and Lowther

Granichenbad.—Switzerland, canton of Argovia. Earthy waters.

A good bathing establishment, in Swiss chalet style, with ample appliances.

Granville.—France, Department of La Manche. Pop. 15,000. Much-frequented sea baths, with good beach.

A picturesquely-situated old fortified town, opposite Guernsey and Jersey. There are some shipyards, a fine Casino, old Cathedral, Citadel and Pier. The tide rises very high, and the population are engaged mostly in fishing.

Doctor: Dr. Le Tourneur.

Post and Telegraph Office.

Hotels: Grand and du Nord.

Grao.—Spain, near Valencia. Sea bathing and sandy beach.

Grao shares with Carbagnal ($\frac{3}{4}$ hour distant) much the same reputation in Spain, which Brighton and Hastings do in England. Accommodation very good.

Grasnawawoda.—Austria-Hungary, comitat of Neutra, one hour from Iaistrabje.

Ferruginous effervescing waters. Only used internally.

Grasse.—France, Department of Alpes Maritimes, three-quarters of an hour's rail from Cannes; 1,230 feet above sea level; 11,000 inhabitants. For routes see table.

Winter station. Dry and sedative climate.

Season : October—June.

Special indications : Chest and lung complaints, laryngitis, pharyngitis, nervous affections, anæmia, chlorosis.

English Church service is held in winter in the *Grand Hôtel*.

Post Office : Boulevard du jeu de ballons.

Telegraph : Au Cours.

Doctors : Drs. Ferraud, Chabert and Langier.

Hotels : The *Grand Hôtel de Grasse, de la Poste, Victoria*.

Grasville-l'heure.—France, Department of Seine Inférieure, near Le Havre.

Iodurated ferruginous waters.

Gravalos.—Spain, province of Logroño, near Calahorra.

Sulphurous earthy waters, 50° F.

Special indications : Skin diseases, leucorrhœa, prurigo, chronic bronchial catarrhs, scrofula.

The situation is picturesque, the establishment a little backward, but its accommodation cheap.

Doctor : Dr. Aguilera.

Gravenstein.—Germany, Schleswig, near Flensburg.

Sea baths.

There is a bathing establishment, which is good. Accommodation in the castle, with a magnificent park.

Doctors : Drs. Becker and Jahn.

Gravesend.—England, Kent, on the mouth of the Thames.

Sea baths; good beach. Healthy air.

Season : June—September.

Doctor : Dr. Firman.

Great Yarmouth.—England, Norfolk.

Sea baths; fine sandy beach.

Hot and cold baths on the parade. Climate bracing and exciting.

Doctors : Drs. Moxon, Adcock, Beresford, Blake and many others.

Hotels : *Queen's and Royal*.

Grefsen.—Norway, near Christiania.

Hydropathic establishment, established 1858; the only one in Norway. Good baths.

Doctor : Dr. Sonthrum.

Greifenberg.—Germany, Bavaria, 4 hours from Landsberg, and 2,000 feet above sea level.

Chalybeate waters; mud baths; also a climatic station.

Special indications: Feeble digestion, anæmia, disorders of the urinary system.

The environs are very interesting, possessing numerous ruins of Roman buildings. The site is charming. The Ammersee is close by.

Doctor: Dr. Niedermaier.

Greifswalde.—Germany, Pomerania.

Strongly saline and bromine waters.

Establishments and accommodation good.

Doctors: Drs. Abel and Bobel.

Gréoulx.—France, Department of Lower Alps, near Digne.

Thermal bromo-iodurated and sulphate of lime waters. The various springs remain much as they were in the time of the Romans.

Special indications: Scrofulous affections, and general constitutional weaknesses, atonic sores, blenorrhœa.

In proper hands, Gréoulx would soon become a first-class bathing and climatic station.

Doctor: Dr. Joubert.

Gries.—Austria, Tyrol, close to Botzen.

Climatic winter station, in a well-sheltered position.

Doctors: Drs. Mayrhofer, Marchesani and Kölle.

Hotel: Belle Vue.

Griesbach.—Germany, Grand Duchy of Baden, in the valley of the Rench on the road from Strasbourg to Stuttgart (*see* map at end.)

Two chalybeate springs, one of 60° F. Mineralisation, 3 gr.

A much frequented station, providing also the milk cure.

Doctors: Drs. Haberer and Frech.

Hotel: Kurhaus.

Griesbad.—Germany, Bavaria, near Ulm.

Earthy ferruginous waters.

A good establishment.

Grindelwald.—Switzerland, Bernese Oberland; 3,460 feet above sea level; 3 hours from Interlaken.

A very important climatic mountain station, especially suitable in cases of anæmia, hydræmia, chlorosis and rhachitis.

Goats', cows' and asses' milk. Baths of every description. The scenery all around is unsurpassed, and walks and excursions of great variety abound. Latterly a mineral spring has been discovered, but has not yet been analysed.

Hotel: The Bear.

Doctor: Dr. Huckstadt.

Grinneaux.—France, Department of Puy de Dôme, near Riome.

Bicarbonate of iron waters, 60° F.

These waters are used for incrustation more than for medical purposes.

Grodeck.—Austria, Galicia, district of Lemberg.

Sulphurous waters.

Special indications : Rheumatism and gout.

Gross-Albertshofen.—Germany, Bavaria, near Sulzbach.

Cold sulphate of magnesia water.

Grosskarben.—Germany, Upper Hesse, on the Nidda.

Earthy saline waters, very effervescent.

A good establishment, with abundant accommodation, reasonable in price.

Gross-Schlagendorf.—Austria-Hungary, comitat of Zips; 3,025 feet above sea level.

Alkali saline waters.

A very efficient establishment, with comfortable and cheap accommodation.

Grosswardein.—Austria-Hungary, near Hájos.

Sulphate of lime waters, 90° to 110° F.

Sulphurous indications in general; a much frequented station.

Special indications : Rheumatism and old wounds.

Two very elegant establishments, with concert, ball, reading, billiard and smoking rooms.

Gross-Wunitz.—Austria, Bohemia, near Pullna.

Sulphate of soda and magnesia water, 22 grs. of mineralisation; purgative action.

Grotta del Cane.—Italy, Naples, near Agnano.

Natural steam baths.

A grotto with gaseous emanations, much visited as a natural curiosity.

Grüben.—Germany, Silesia, near Falkenberg.

Sulphur ferruginous waters, very slightly mineralised.

Has a small bathing establishment.

Grull.—Germany, Westphalia.

Saline springs.

Special indications : Scrofulous affections.

Grund.—Germany, Hanover, near Clausthal, in the Harz.

Pine-cone, steam baths, and inhalations.

In the midst of the magnificent pine forests of the Harz.

Special indications : Convalescence after severe illnesses of all kinds, affections of the respiratory organs.

Doctors : Drs. Knappseh and Mann.

Hotel : Town Hall Hotel.

Grundhofen.—Germany, Saxe-Weimar, near Salzungen.

Effervescent ferruginous waters.

In a charming valley. Its elegant and comfortable establishment attracts many visitors.

Gryon.—Switzerland, Valley of the Rhone, near Box.

Climatic air station, 3,600 feet high.

Guagno.—France, Island of Corsica.

Two sulphate of soda springs, 95° to 125° F.

A thermal military establishment.

Special indications : Rheumatism in its chronic forms.

Guarda-vieja.—Spain, province of Almeria, near Berja.

Thermal sulphate and saline waters, mineralisation 44 grs.

Special indications : Rheumatism, herpes, glandular swellings.

The establishment is romantically situated, is good and affords comfortable accommodation at low prices.

Doctor : Dr. Serrano.

Guernsey.—*Via* Southampton; eight hours by steamer, leaving every night (Saturdays excepted).

The group of islands known as the Channel Islands, consisting of Guernsey, Jersey, Alderney and Sark, lies in a large bay formed by the western coast of Normandy and the northern coast of Brittany. In Guernsey the principal town is St. Peter-Port, situated on the east side, and is much frequented by visitors; the climate, exceptionally fine and healthy, being especially beneficial to patients suffering from consumption or any chest affection. Numerous excursions can be made round the island, and fine views obtained.

Doctors : Drs. Ackman, Corbin, Dobie, Leale, Wallace, &c.

Hotels : Old Government House, Gardner's Royal Hotel.

Guesalivar, *see* Sta. Agueda de Mondragon.

Guetaria.—Spain, province of Guipuzcoa, near San Sebastian.

Sea baths, with very fine sands.

The place is very old and quaint. The inhabitants are exclusively fishermen. Very suitable for visitors wishing for complete retirement.

Guéthary.—France, Basses Pyrenees; station on the P. L. M. Railway, hours from Paris.

Situated on the Bay of Biscay, midway between Biarritz and St. Jean de Luz.

Sea baths, climate bracing.

Season : From July to October.

English Church, open during the summer.

Doctor : Dr. Robert, of Pau, is resident during August and September.

Hotels; Hotel Juzan, near the station; Hotel Vergon, Hotel de la Plage.

Guillon.—France, Department of Doubs, near Baume-les-Dames.

Cold saline springs, slightly mineralised; have a strong smell of sulphuretted hydrogen. This water frequently induces erysipelas.

Special indications: Rebellious neuralgias and syphilis.

The bathing establishment is well fitted up, and has ample accommodation.

Doctor: Dr. Brauley.

Guitera.—Corsica.

Undetermined waters, 110° F.

Guitiriz.—Spain, near Lugo.

Sulphurous waters, 50° F.

Special indications: Herpes.

Gunthersbad.—Germany, Thuringia, near Erfurt.

Cold sulphate of soda and saline water.

Gurnigel.—Switzerland, Canton of Berne; 3,700 feet above sea level.

Sulphate of lime and ferruginous waters.

Climatic station.

Very pure air. The establishments are thoroughly well arranged, with all modern accommodation.

Doctor: Dr. Verdat.

Gustafsberg.—Sweden, near Uddevalla.

Was formerly a much frequented place, now a summer resort for residents of Gothenburg and Uddevalla. The water here is not so saline as in the other health resorts on the West Coast. Charming and picturesque situation.

Gutenbourg.—Switzerland.

A small health resort.

Doctor: Dr. Burkhalter.

Gyrenbad.—Switzerland, Canton of Zürich; 2,320 feet above sea level.

Effervescent earthy waters.

An establishment with sitz, swimming and steam baths. The water is seldom used internally. Climate severe, but healthy.

Special indications: Very efficient in rheumatism and abdominal obstructions.

Gythium.—Greece, south coast of Laconia.

Cold sulphurous and alkaline waters.

Gyüzy.—Austria-Hungary, comitat of Hónth.

Alkali-saline and sulphurous waters, 60° to 70° F.

Special indications : Affections of the eyes, gout, rheumatism, chronic skin diseases.

Häbernbad.—Switzerland, Canton of Berne, near Hutwyl.

Cold sulphurous waters ; whey cure. Primitive arrangements.

Hackelthal.—Germany, Bavaria, half-an-hour from Haag.

Alkaline waters.

Haffkrug.—Germany, Grand Duchy of Oldenburg, on the Baltic.

Sea baths ; very fine sandy beach. Much visited by the inhabitants of Lübeck and Hamburg.

Hague (The), or S'Gravenhage.—Present capital of Holland ; from Paris, *via* Brussels, Antwerp, Rotterdam.

The residence of Court and Government, founded A.D. 1250, is one mile from the sea. Has been called the "largest village in Europe," owing to its having never had any fortifications.

OBJECTS OF INTEREST : Royal Museum, Naval Museum, Town Hall, Buitenhof and Binnenhof, Library, Royal Palace, Prince of Orange's Palace, Great Church, Opera-house, Palace in the Wood.

Post and Telegraph Office : Close to the Great Church and Town Hall.

Cabs : One or two persons, 60 c. or 1s., three to four persons, 85 c. ; by hour, 1 florin ; to Scheveningen and back, 2 florins.

Doctor : J. H. Blom Coster.

Hotels : *Des Indes, Paulez, Oude Doelen, de l'Europe, de Belle Vue.*

Haitior St. Domingo.—An island in the West Indies.

Several sulphurous thermal springs.

Haj-Stubna.—Hungary, comitat of Thürocz on the Stubna.

Thermal sulphate of soda waters, 105° F.

Laxative action.

Haldenstein.—Switzerland, Grisons, near Chur.

Alkaline waters ; little used.

Hall.—Austria, near Linz ; 1,157 feet above sea level.

Cold saline and bromo-iodurated waters, mineralisation 17 grs.

Special indications : Scrofula, goitre.

Doctors : Drs. Körbl, Rabl, and Katser.

Hall.—Austrian Tyrol, near Innsbruck, 1,610 feet above sea level.

Cold saline waters.

The bathing establishment is at Baumkirchen.

Special indications : Scrofula.

Doctor : Dr. Ganner.

Only private dwellings ; there is no hotel.

Hall.—Germany, Württemberg, near Stuttgart; 670 feet above sea level.
Cold saline waters.

Special indications: Scrofula.

A much frequented station.

Doctors: Drs. Bilfinger, Dürr and Haueisen.

Hotels: Bath, Lamb.

Halle.—Germany, Prussian province of Saxony, district of Merseburg.
Cold saline waters.

There is a very good establishment here, and the University is one of the best in Germany.

Doctors: Drs. Ackermann and Fischer.

Hotels: Stadt Hamburg.

Hallein.—Austria, near Salzburg on the Salzach.

Saline waters. Climatic station in summer.

Very picturesquely situated, and a good centre for many interesting excursions.

Halsbrücke.—Germany, Saxony, near Freiberg.

Sulphurous and chalybeate waters.

Hambach.—Germany, Rhenish Prussia, 10 hours from Trèves.

Alkaline ferruginous waters.

These springs are also called the Birkenfeld water. Much frequented in the 18th century. Establishment destroyed in 1792, but rebuilt in 1845. Visitors have increased in number every year since then.

Hammam Berda.—Algiers, between Bone and Constantine.

Bicarbonate of lime waters, 70° F.

Hammam de Gabes.—Tunis.

Thermal waters not yet analysed.

Hammam el enf.—Regency of Tunis, near Tunis.

Thermal waters.

Hammam-Melouan.—Algiers, near Rovigo, about 20 miles from the capital.

Saline waters, 103° F., strongly mineralised, 26gr. of chloride of sodium.

Special indications: Very efficient in rheumatism and abdominal obstructions.

Hammam-Meskutin.—Algiers, province of Constantine, 12 miles west of Guelma.

Hyperthermal waters, 203° F., saline, sulphate of lime and arsenical springs.

Military bathing establishment.

Special indications: Paralysis, paludal cachexia, herpes, syphilis, old wounds.

Hammam R' Irha.—Algiers. Railway from Algiers to Bou-Medfa, 4 hours; thence to Hammam R' Irha by carriage, 8 miles. Altitude 2,000ft

One thermal sulphate of lime spring, 133° F., and one bicarbonate of iron, 45° F.

Season: Spring and autumn months.

Special indications: Articular pains and stiffness, muscular retractions, anchylosis, rheumatism and anæmia.

It has a military hospital.

Doctor: Dr. Savill.

Hotels: *The Establishment*. Mr. A. A. Dufour, proprietor.

Hanau.—Germany, Hesse-Nassau, near Frankfort-on-the-Main.

Alkali-saline and ferruginous waters.

The establishment is tastefully built, and contains sitz, douche and steam baths. It is surrounded by a large park.

Hango.—Russia Finland, near Hangostad.

Sea baths.

Exceedingly charming situation, surrounded by coniferous woods. Excellent hot and cold baths, fitted with the best and most modern arrangements.

The most frequented health resort in Finland.

Doctor: Dr. Homéa.

Hanko.—Norway, on the Christiania Fjord.

Sea baths.

Charming and picturesque situation, on an island richly clad with woods, and in a sheltered position. Good arrangements and system of baths.

A less trying climate than in the other health resorts of the West Coast, and much in favour for convalescents.

Doctor: Dr. Barth.

Hanover.—Germany, former capital of kingdom of same name. Since 1866 annexed to Prussia, and now capital of the Province of Hanover. From Paris, *via* Erquelines, Venlo, and Lehrte, or *via* Cologne, 15½ hours. 87 frs. 50 c. 1st class.

Beautifully situated on the banks of the river Leine, an affluent of the Weser.

Very much visited by English and American families, both for the beauty of the town and its environs, as also because the German language is spoken here with greater purity than in any other part of Germany.

OBJECTS OF INTEREST: Royal Palace, Opera House, Mint, Viceroy's Palace and Arsenal, Polytechnic School, Royal Church or Chapel, Museum, Collection of Pictures of George V., Town Hall in Old Town; Royal Theatre; Royal Library, Aquarium, Odeon and Tivoli.

EXCURSIONS: To Herrenhausen, Galleries, Orangeries, Berggarten, Museum of Antiquities, Mausoleum, Eilenrode and Zoological Gardens, and numerous others.

CABS: One or two persons, by the course, 60 pfgs., in the environs of the town, 72 pfgs.; by hour. 1 m., 20 pfgs.

Dentist: F. L. Heyne.

Doctors: Drs. Becker, Dyes, Cumme and Eysell.

Hotels: *Royal, de Russie, Kastens, Grand, Bristol.*

Hapsal.—Russia, Esthonia, on the coast of the Baltic Sea.

Sea and mud baths, with temperature of about 60° F.

Celebrated for its mud baths.

Hardeck.—Germany, Bavaria, Palatinate.

Cold sulphurous and ferruginous waters.

Harkanyi.—Hungary, comitat of Baranya, near Siklós.

Alkaline sulphurous waters, 130° F.

A small establishment.

Season: May—October.

Special indications: Gout, rheumatism, feeble circulation hæmorrhoids, lymphatism, scrofula, affections of the female organs, mercurial dyscrasia, atonic sores.

The vegetation is very luxuriant, and the site picturesque. The near neighbourhood of Siklós and Fünfkirchen, with all the advantages offered by their size, &c., the mild climate and elegant bathing establishments make Harkanyi a very favourite Hungarian bathing station. The environs are full of most interesting antiquities. Accommodation is abundant and good, and prices moderate.

Doctor: Dr. Heller.

Harrodsburg.—America, U. S. Kentucky.

A much-frequented thermal watering-place.

Harrogate.—England, Yorkshire. About a hundred trains pass daily through Harrogate.

Its waters are athermal. They contain sulphuretted hydrogen, chloride of sodium and iron. There are about 80 known springs in the district.

Season: From April to October.

Special indications: Anæmia, skin diseases, gout, rheumatism, disorders of the liver and stomach.

Harrogate is a very fashionable watering-place, with every accommodation for visitors, and two good hydropathic establishments. Sulphur and other baths, massage, &c., can be obtained at the excellent bathing establishments.

The old sulphur spring has a mineral percentage of 137 grs., and is highly charged with carbonic acid.

Doctors: About 35 in all.

Hotels: *Queen's, Crown, Royal, Harrogate and Spa.*

Harsfalva.—Austria-Hungary, comitat of Bereg ; rail to Munkács.

Chalybeate waters ; hydropathic establishment and climatic station.

The establishments and accommodation are up to all modern requirements. The environs are very charming. Large forests, with fishing and hunting.

Hartfell.—Scotland, Dumfriesshire.

Chalybeate waters .

Special indications : Chronic ulcers, anæmia, chlorosis, skin diseases, gout, rheumatism, paralysis.

Hartlepool.—England, Durham.

Sea baths.

Doctors : Drs. Ainstie, Cameron, Rawlings, Gamler, Gibb and Morrison.

Harwich and Dovercourt.—England, Essex, on the North Sea.

Sea baths ; sandy beach. Chalybeate spring at Dovercourt, with a good bathing establishment.

Climate mild and healthy.

Season : June—September.

Special indications : General debility, anæmia, scrofula.

Doctors : Drs. Evans, Henry and Stuart.

Hotel : The Pier.

Harzburg, or Bad Hartzburg.—Germany, Duchy of Brunswick, in the forest of the Harz.

Saline waters, mineralisation 6 grammes of chloride of sodium.—Whey cure, pine-cone sap baths, climatic station in summer.

Very charming locality, surrounded by pine forests.

Doctors : Drs. Meyen and Dreyer.

Hotels : Kurhaus, Juliushall, Löhr, London, Belvidere.

Hassan-Pacha-Palenka.—Servia, near Semendria.

Ferruginous waters, strongly impregnated with carbonic acid.

Hastings and St. Leonards.—England, Sussex.

Sea baths and winter station ; sandy beach. A favourite rendezvous of fashionable English society. Very mild and salubrious climate.

Season : September to March.

Special indications : Dyspepsia, bronchitis, nervous irritation and pulmonary complaints.

Doctors : About 40 in all.

Hotels : The Queen's, Marine, Albany, and Hastings Hydro.

Hauterive.—See VICHY.

Havre.—France, Department of Seine Inférieure, at the mouth of the Seine, 142 m. from Paris, and 105 sea miles from Southampton. Steamers of the L. & S. W. Railway (London, Waterloo Station) ply three times a week between Southampton and Le Havre, 6½ hours; 28 fcs. 75 c. 1st class. Steamboats continuously ply between Le Havre, Honfleur, Trouville and Deauville.

Sea baths. The beach being stony, bathers require shoes.

Season: 1st June to 1st October.

A very thriving commercial town, containing two theatres, chamber of commerce, several interesting churches, exchange, town hall, aquarium, port and docks. After Marseilles, it is the largest seaport in France.

English Church: Rue Mexico.

Post and Telegraph Office: Boulev. de Strasbourg.

Doctors: Drs. Lecadre and Launay.

Hotels: *Frascati, Continental, Normandie de l'Europe.*

Hayling Island.—England, Hants, on the South coast, near Portsmouth.

Sea baths, fine sandy beach. Climate mild and bracing.

Special indications: Convalescence.

Doctors: Drs. Colborne, Gann and May.

Hotel: *The Royal.*

Heathcot.—Scotland, near Aberdeen.

Hydropathic establishment, The Deeside.

Doctor: Dr. Stewart.

Heidelberg.—Germany, Duchy of Baden. For routes see table.

Climatic station.

Most pleasantly situated on the banks of the Neckar, and in what is certainly one of the most beautiful localities in Germany. It owes its celebrity chiefly to its university, which, after that of Prague, is the oldest in Germany.

The castle of Heidelberg was formerly the residence of the Electors, but is now in ruins; in its cellars is the celebrated "Heidelberger Fass." The whey cure station, Church of Holy Ghost of St. Peter, the university, with an archæological institute, zoological and botanical gardens, zoological museum and mineral collection, are close by.

Excursions to the Königsstuhl, Wolfsbrunnen, Schwetzingen, and Philosophen weg.

CABS: One hour, 1 m., 20 pfgs.; by course, one person, 50 pfgs.; two persons, 90 pfgs.

Dentist: Dr. Middelkamp, Grabengasse 14.

Bookseller: Chas. Schmidt, Grabengasse.

Doctors: Drs. Erb, Czerny and Arnold.

Hotels: *Prince Carl Schloss, Adler, Grand, Europe, Victoria, Schreider, Bellevue, &c.*

Hechingen.—Germany, Hohenzollern, between Württemberg and Baden, near Siegmaringen ; 1,570 feet above sea level.

Sulphurous calci-iodurated waters.

Special indications : Skin diseases.

The bathing establishment is situated in a park, and is thoroughly well fitted up.

Doctors : Drs. Strauss and Warner.

Heckinghausen.—Germany, Rhenish Prussia, near Elbufeld.

Earthy ferruginous and sulphurous waters.

Heiden.—Switzerland, canton of Appenzell, 1 hour from Rorschach, on the Lake of Constance.

Ferruginous and sulphurous waters : but chiefly known as a climatic station for summer.

The climate is mild and healthy in winter.

Doctor : Dr. Leuch.

Heilbrunn.—Germany, Bavaria, near Munich.

The Adelaide spring supplies cold iodo-bromurated water.

Special indications : Scrofula, chlorosis.

Doctor : Dr. Petrequin.

Heiligekreuzbad.—Austria, Tyrol, near Hall.

Alkaline, saline, sulphurous waters, very mild and little used.

Heiligenhafen.—Germany, Holstein, opposite the island of Fehmarn.

Sea baths ; sandy beach.

Doctors : Drs. Marxsen and Breese.

Heiligenstadt.—Austria, Lower Austria, half-hour from Vienna.

Ferruginous waters, but frequented more as a summer villeggiatura.

Heilstein.—Prussia, district of Aix-la-Chapelle, 1½ hour from Gmund, in the Eifel.

Earthy alkaline waters. Exported.

Heinrichbad.—Switzerland, near Appenzell.

A small health resort.

Doctor : Dr. Tobler.

Heinrichbrunnen.—Germany, Silesia, District of Neisse.

Cold ferruginous waters.

Heinrichsbad.—Switzerland, Canton of Appenzell, near St. Gall, and Herisau ; 2,410 feet above sea level.

Cold ferruginous bicarbonate waters.

Goats' milk cure.

Elegant Curhaus, with all modern requirements.

Doctors : Drs. Tobler and Fisch.

Helensburgh.—Scotland, on the Clyde, eight miles from Dumbarton, near Loch Lomond.

Sea baths, sandy beach ; no machines.

Doctors : Drs. Ingram and Mackie.

Shandon, where there is a large hydropathic establishment, is near here.

Heligoland.—Island of, at the mouth of the Elbe, formerly belonging to England, but now ceded to Germany.

Sea bathing-place.

Season : June 15th to September.

Bathing takes place chiefly at Sandy Island, and in very stormy weather this spot is difficult of access. On only rare occasions, however, has bathing been stopped for this cause.

Doctor : Emil Lindeman.

Hotels : London, Queen of England.

Hellin.—Spain, province of Albacete, near Calasparra.

Hydro-sulphurous waters, 55° F.

Special indications : Skin diseases, mercurial intoxication and kindred complaints.

Hellopia.—Greece, Epirus, on the Kimara.

Saline, sulphurous thermal waters, mentioned by Homer and Hesiod.

Special indications : Skin diseases.

In the vicinity was the oracle of Dodona.

Helmstedt.—Germany, Brunswick, near Magdeburg.

Saline ferruginous waters.

A bathing establishment for sitz, steam, shower and dust baths. The environs are covered with large forests.

Doctors : Drs. Heunpe and Walkhoff.

Helsan.—Sweden, near Helsingborg.

Sea baths. Ferruginous water and bromo-iodurated waters.

Close to the town is the Helsan curative establishment, with a weak ferruginous spring and the "Sophia Spring," which was bored in 1878, and the water of which is as rich as that of Kreuznach. In the town is an excellent hot and cold bathing establishment. Every convenience of large towns is afforded. Good hotel. Charming view over the Öresund.

Doctor : Dr. Hafstrom.

During the summer Dr. G. Zander keeps open here a medico-mechanical gymnastic institute for the treatment of curvature of the spine.

Helsingfors.—Russia, Finland, 5 hours from Reval.

Sea baths ; sandy beach.

A luxurious bathing establishment, situated in a fine garden.

Helwan-les-Bains.—Egypt, near Cairo, on the Nile.

Saline, sulphurous thermal springs, 110° F.

Single bath, swimming baths, inhalations, and hot sand baths.

Special indications: Pulmonary diseases, phthisis, gout, rheumatism.

Winter station, mean temperature, 60° F. in the shade; mean moisture, 67%; rainy days in winter season, 11.

Doctor: Dr. Engel.

Hotels and pensions.

Hennebont.—France, Department of Morbihan.

Sea baths, little frequented.

Henniez-les-Bains.—Switzerland, near Moudon; altitude, 1,600 feet.

Peroxide of iron and alumina springs, containing free carbonic acid gas. Mud baths.

Hydropathic establishment under the direction of Dr. Borel.

Heppingen.—Germany, Rhenish Prussia, district of Ahrweiler.

Mild, alkaline earthy waters, containing a little iron.

Herculesbad.—*See* MEHADIA.

Heringsdorf.—Germany, Prussia, on the island of Usedom, in the Baltic, 22 miles from Stettin; 150 feet above sea level.

Sea baths, excellent beach of very fine sand.

Season: June—September.

Much frequented; mild and steady atmosphere. A small village, surrounded by large beech forests, and charmingly situated.

Doctors: Drs. Kortüm and Leonhardt.

Herlein.—Hungary, near Kaschau, also called Rank-Herlein.

The beauty of the site, rather than the cold chalybeate spring, attracts visitors.

An establishment recently rebuilt, together with the new hotels adjoining, offer every comfort, and are well kept.

Doctor: Dr. Thomas.

Hermannsbad.—Germany, Saxony, Lausigk. *See* LAUSIGK.

Ferruginous and sulphurous waters.

Hermannsbad.—*See* MUSKAU.

Hermida (La).—Spain, province of Santander, near St. Vicente.

Thermal saline waters, 145° F.

Special indications: Rheumatism and paralysis.

The establishment is primitive and accommodation is poor, but the surrounding scenery and vegetation is superb, and repays amply a short stay.

Doctor: Dr. Andres.

Hermioné (*now Kastri*).—Greece, Argolis, opposite island of Hydra.

Bitter waters, mostly exported to Turkey.

Hermionville.—France, Department of Marne, near Rheims.

Bituminous sulphurous waters.

Special indications : Rheumatism, asthma, gout.

Hermisdorf.—Germany, Prussian province of Silesia, near Reibnitz.
1,100 feet above the sea level.

Climatic air station, whey cure, baths.

The situation is lovely, and there is a large field for excursions. Accommodation is good.

Doctors : Drs. Kollenberg and Mattersdorf.

Herne Bay.—England, Kent.

Sea baths, good beach. Climate mild.

Season : July—September.

A very much frequented resort. Two establishments.

Doctors : Drs. Fenoulet, Rawlings, Bowes, Johnson, &c.

Hotel : *The Brunswick*.

Herrenalb.—Germany, Württemberg, in the Black Forest ; 1,010 feet above sea level.

Climatic summer station ; hydropathy.

Doctors : Drs. Mermagen and Suchier.

Herrgottswald.—Switzerland, near Lucerne ; 2,700 feet high.

Climatic air station.

Milk cure and baths.

Herrscha.—Roumania, on the Transylvanian frontier.

Very potent sulphurous waters ; used only in the neighbourhood. No visitors.

Herse (La).—France, Department of Orne, near Montagne.

Cold ferruginous bicarbonate waters, very mild.

Special indications : Debility of the stomach, leucorrhœa.

Hertenstein.—Switzerland, Canton Lucerne ; 1,500 feet high.

Climatic health resort.

Doctor : Dr. Rappaz.

Hervideros del Emperador (Los).—Spain, near Ciudad-Real.

Bicarbonate of lime waters, 60° F.

There is an establishment, which contains only two piscinæ for 20 persons each. Rooms can be had at from 1 fr. per day.

Hervideros de Fontillesca.—Spain, near Ciudad-Real.

Ferruginous waters, 45° F.

Hervideros de Carrion.—Spain, province of Ciudad-Real.

Acidulous waters.

No arrangements whatever, and scarcely used.

Hervideros de Fuen Santa (Los).—Spain, province of Ciudad-Real, near Pozuelo de Calatrava.

Ferruginous bicarbonate waters, 50° F., very rich in carbonic acid, which escapes from the soil in great quantities.

Season : June 10th to September 15th.

The number of visitors during the season is over 6,000.

Special indications : Rheumatism and herpes, old syphilis, hysteria, epilepsy, chorea, neuralgia, leucorrhœa.

The establishment is elegant and very clean, a quality not always found in Spanish hotels.

One of the most frequented of Spanish baths. Excellent establishments. The accommodation is abundant and efficient.

Doctor : Dr. Fernandez.

Hervideros de Villar del Pozo (Los).—Spain, near Ciudad-Real.

Ferruginous bicarbonate waters, 65° F.

Special indications : Rheumatism and herpes.

Heselwangen.—Germany, Würtemberg, district of Black Forest.

Cold sulphurous waters, little known.

Heucheloup.—France, Vosges, near Mirecourt.

Ferruginous iodo-arsenical waters.

Heustrich-Bad.—Switzerland, in the Bernese Oberland ; 2,050 feet above sea level.

Cold sulphate of sodium waters, rich in nitrogen. Establishment pretty good.

Special indications : Catarrhs and nervous affections.

Doctor : Dr. Neukomm.

Hevitz.—Austria-Hungary, comitat of Zala.

Indifferent waters, 75° to 85° F.

The springs form a lake. The establishment is well arranged and surrounded by a park. The accommodation is ample and comfortable.

Doctor : Dr. Singer.

Hexham.—England, Northumberland.

Hydropathic establishment, The Tynedale.

Heyst.—Belgium, on the North Sea, near Ostend and Blankenbergh.

A rising sea bathing place, in which every effort is made to amuse and accommodate visitors.

Hildegarde-Brunnen.—Hungary, near Ofen.

Sulphate of soda and magnesia waters; 16 grammes of mineralisation ; purgative.

Hilversum.—Holland, near Amsterdam.

Artificial mineral waters.

The establishment is elegant, and is every year increasing in favour. Scrupulous cleanliness is the rule.

Hing-tchon.—China, north of Pekin.

Thermal waters not yet analysed.

Hinnewieder.—Germany, Silesia.

Bicarbonate ferruginous cold waters; a much frequented establishment.

Hjo.—Sweden, near the town of Hjo.

Hydropathic establishment.

Much frequented and picturesquely situated.

Doctor: Dr. Afzelius.

Hofgeismar.—Germany, province of Hesse-Cassel, on the route from Nassau to Paderborn.

Cold alkali-saline chalybeate waters.

A small but very good establishment.

Doctors: Drs. Lohmann and Plitt.

Hohenberg.—Germany, Bavaria, near Wunsiedel.

Bicarbonate ferruginous table water.

Doctor: Dr. Burkard.

Hohenstadt.—Germany, Bavaria, near Passau.

Cold indifferent and slightly sulphurous waters: mineral muds.

A very good establishment, with every luxury and comfort.

Hohenstein.—Germany, Saxony, near Chemnitz.

Earthy ferruginous waters; whey cure and hydropathic establishment.

The Kurhaus is well arranged, and the accommodation abundant and good.

Doctors: Drs. Bursian and Rubin.

Holbeck.—England, Yorkshire, near Leeds.

Alkaline sulphurous waters.

Doctors: Drs. Brown, Dobson, Mann, &c.

Holkham.—England, Norfolk, near New Walsingham.

Sea baths; satisfactory beach.

Doctor: Dr. Bays.

Holmekollen.—Norway, near Christiania

Climatic air station.

Summer and winter sanatorium, 296 metres (970 feet), surrounded by pine woods. Much frequented by tourists; exceedingly good accommodation.

Doctor: Dr. Holm.

Holmestrand.—Norway, 2½ hours from Christiania.

Sea baths, hot and cold baths.

Less expensive than the larger northern health resorts.

Favourite summer resort.

Doctor: Dr. Graarud.

Holyhead.—Wales, Anglesea.

Sea baths; good beach.

Doctors : Drs. Hughes, Williams, Jones, Kendall and Russell.

Holywell.—England, Lancashire, near Cartmel.

Muriatic ferruginous waters.

Special indications : Anæmia, obstructions, skin diseases.

Doctor : Dr. Wood.

Holywood.—Ireland, Downshire.

Sea baths; sandy beach and chalybeate waters at Ballymaghon and Cultra.

The air is very fine.

Doctors : Drs. Cuppage, Dunlop and Woodside.

Holzhausen.—Germany, Prussia.

Cold sulphate of lime waters.

Special indications : Rheumatic neuralgias.

Homburg-les-Bains.—Germany, in the province of Hesse Nassau ; miles north-west of Frankfort-on-the-Main. For route see table.

Five springs of saline, ferruginous and carbonic acid waters.

The mineral matter consists principally of chloride of sodium, and is present to the amount of 6, 10, 13 and 19 grammes per cent.

These waters can be obtained in London from Messrs. Ingram & Royle, 52, Farringdon Street, sole agents for England.

Special indications : Dyspepsia, scrofula, anæmia and gout.

The thermal bathing establishment is comfortable and luxurious.

The mineral waters of Homburg have been famous for ages, and their curative properties in certain cases are indisputable. There are five Springs—the Elizabeth, Kaiser, Ludwig, Luise, and Stahl. The latter is a most important Spring, as it contains an appreciable amount of iron. It was obtained by boring about 20 years ago. The principal constituents of the water are chloride of sodium and potassium, also lime and magnesia, and lithia in small quantities. Each Spring has its own speciality as to mineral constituents, and it is advisable to consult a physician as to its choice. The Elizabeth, Kaiser, and Ludwig Springs act as resolvents, and improve digestion. The Louisa and Stahl Springs act as a tonic, and improve the blood. The Elizabeth Spring is similar to the Rakoczy Spring at Kissengen, and the Louisa Spring is not unlike the Wine Spring of Schwalbach, and contains a fair amount of iron. The waters are hard, and contain much bicarbonate of lime. The iron is in the form of bicarbonate, and is in suspension. It is necessary to strictly attend to diet whilst taking the Homburg waters. The chief disease they are beneficial in, is gout, for which they are, in common with

the Baden Baden waters, almost a specific. They are also invaluable in affections of the mucous membrane generally, in glandular enlargements, and in habitual constipation and congestion of the abdominal organs, especially the congestions arising from prolonged residence in tropical climates; it is almost impossible in the limits of this work to go fully into detail as to their action, but intending visitors would do well to write for the following works, which are in pamphlet form and easily obtained: "Homburg, and its Resources," by Dr. F. Hoeber, published at 1m. 80f., by F. Schick, The Library, Homburg; also the "Guide to Homburg," price 2m., published by the same bookseller; "Homburg von der Höhe," by Dr. W. Deetz, published by J. F. Bergmann, of Wiesbaden; and "The Baths of Homburg," by Frederick Schudt, published by Cæsar Schmidt, of Zurich. Dr. Charles Weber—an eminent physician who practises at Homburg in the season, and at Rome during the winter—has written an excellent *brochure* on gout, which is published by L. Standt, of Homburg, which is commended to the perusal of gouty visitors.

Perhaps in no city in Germany has more been done for the comfort and amusement of visitors than has been done at Homburg. The Kursaal is a magnificent building, in the Salons of which the gaming tables once helped to make Homburg famous. Here in the open air the visitor can have at a reasonable tariff one of the best dinners in Europe, and can eat his meal listening to a band performing the most delightful music. The public park, with the mineral springs, is of very large extent and beautifully kept; it contains tennis lawns, croquet grounds, and varied arrangements for amusements. A continuous round of concerts, balls, fêtes, firework displays, &c., goes on during the season; living is cheap. There is a Kurtax. There are 13 physicians, mostly speaking English; of these might be mentioned specially Dr. Weber, who has a large English connection; Drs. Hoeber and Deetz, who have both written valuable treatises on the waters; also Drs. Schetelig, Hitzel, and Will. The scenery around Homburg is very lovely, and "coaches and fours" make daily excursions. Royalty is nearly always in evidence during the Homburg season, and the visitors generally are of the best class. There are numerous hotels; amongst them might be specially mentioned the Hotel Victoria, which provides every possible luxury and comfort at a most moderate tariff; the Hotel de Russie, a first-class establishment, well conducted and pleasantly situated; both these hotels have charming *dépendances*, which are usually filled with visitors; Ritter's Hotel is well known as the temporary residence of the Prince

of Wales, and the Hotel de Quatre Saisons is also a most popular and thoroughly well-managed establishment. There are also *Pensions* innumerable. A good second-class hotel with a first-class position, immediately opposite the Kursaal, is the Central Hotel, where every comfort can be obtained at a most moderate tariff.

Bookseller : Fritz Schick, opposite the Casino.

Home-Varaville (Le).—France, Department of Calvados, from Paris, *viâ* Cobourg.

Sea baths.

Homok.—Austria-Hungary, Comitatus Szathmar.

Ferruginous and sulphurous waters. Only used by inhabitants as a specific against gout.

Homorod.—Hungary, Transylvania.

Ferruginous bicarbonate waters, 30° F., tonic action.

Honfleur.—France, Department of Calvados.

Sea baths on the mouth of the Seine.

Honnef.—Germany, Rhenish Prussia, opposite Bonn.

Climatic air station.

Doctors : Drs. Meissen and Remmels.

Horcajo de Lucena.—Spain, province of Cordova, near Lucena.

Saline waters of 75° F.

Special indications : Skin diseases, leucorrhœa and hyperæmia of liver.

The establishment might be improved. The accommodation is abundant, and moderate in price.

Doctor : Dr. Urdapilleta.

Horley-Green.—England, Oxfordshire.

Sulphate of iron waters.

Horn.—Switzerland, Thurgau, 2 hours from St. Gallen.

Ferruginous and sulphurous waters.

Baths in the Lake of Constance, and the whey cure.

Doctor : Dr. Frenkel.

Hornsea.—England, Yorkshire.

Sea baths, shingly beach.

Climate mild and bracing.

Doctors : Drs. Hodson, Jones and Johns.

Hotel Piora.—Switzerland, Canton Tessin, station Ariolo; altitude 5,900 feet.

Climatic air station.

Special indications : Debility, and convalescence when sufficiently advanced to stand the strong mountain air.

Near here is *Faido*, climatic health resort; station on the St. Gothard line.

Houches (Les).—France, Upper Savoy.

Cold ferruginous, alkaline, magnesian and carbonate waters.

Special indications: Chlorosis; acts on the digestive organs.

Houlgate-sur-Mer.—France; Department of Calvados. Railway Station, Beuzeval, *vid* Trouville.

Sea baths.

Fine sandy beach; bracing climate. Hydropathic establishment. Casino.

Grand Hotel. Open from June 1st to October 1st; 160 rooms; lift.

Greatly frequented by the French aristocracy. English church.

Hourdel.—France, Department of Somme.

Sea baths; retired and quiet.

Hovehampton.—England, Sussex.

Sea baths.

Hovingham.—England, Yorkshire.

Alkaline springs.

Doctors: Drs. Hawkins and Watts.

Howth.—Ireland, Dublin.

Sea baths, sandy beach.

Climate mild.

Doctors: Dr. Finney, &c.

Hoznayo.—Spain, province of Santander, near Bóo.

Saline ferruginous waters, 70° F.

The establishment is small, but elegant and complete. As ophthalmia is one of the principal ailments treated, the appliances are very efficient. The site is superb, the park very large, but the accommodation is as yet very inferior.

Hozumezö.—Austria-Hungary, comitat of Sarós.

Cold sulphurous and ferruginous waters.

Only used by the surrounding inhabitants.

Hradiszko.—Austria-Hungary, comitat of Sarós, near Zeben.

Cold sulphurous waters.

A small bathing establishment.

Hubertusbrunnen.—Germany, Prussia, province of Saxony; 800 feet above sea level.

Saline springs. Hydropathic establishment.

Doctors: Drs. Schläger, Preiss and Bode.

Huelva.—Spain, capital of the province of same name, on the Atlantic coast, and on the junction of the Rios Tinto and Odiel 9,500 inhabitants. For routes see table.

Winter station and sea baths.

Season : For baths the autumn months, and generally from November till May.

The climate is delightfully steady, mild, and invigorating, and as a consequence the station has been coming into favour of late. The bay is a fine expanse of water, and the town is well sheltered from northerly winds. It is an old place, having been built by the Romans.

There are as yet no statistics concerning the atmosphere, rainfall, &c., but the number of cloudless days in the year is large. Some interesting old buildings exist in the town.

Post and telegraph office.

Doctors : Drs. Mackay and Morton.

Hotel : The *Columbus Hotel* is owned and managed by an English Company, and is supplied by produce from their own farm. The prices are moderate and the accommodation excellent. A. Adrion, manager.

Humera.—Spain, province of Madrid.

Ferruginous bicarbonate waters, 50° F.

Hunyadi-János.—Hungary, near Budapesth.

Cold sulphate and saline waters.

Purgative action.

Hunstanton.—England, Norfolk, near Lynn.

Ferruginous water and sea baths.

Sandy beach.

Climate bracing and fresh.

Doctors : Drs. Whitty, Everard, Clifton, &c.

Hüttersbach.—Germany, Baden.

Saline waters.

Hyères.—France, Department of Var, near Toulon. For routes see table.

A winter station and sea baths.

Winter season, November—June; summer, or sea bathing season, May—October.

Special indications : Diseases of the chest and lungs, scrofula, affections of the larynx, diabetes, gout and rheumatism.

The town proper is three miles from the sea, and is built on the southern slope of the Maurettes chain of hills, here about 700 ft. high. North of the Gapeau, a small river east of the town of Hyères, the chain of Maures mountains protects the town against north-east and north winds. To the south and south-east of Hyères are the three islands of Porquerolles, Port Cros, and Levant, also called the Hesperides, or Golden Islands. These protect the roadstead of Hyères, and form a safe harbour. The situation of this winter station has been frequently wrongly stated to be on these islands. The mean

winter temperature at noon in the sun is 55° F., and in spring from 65 to 68° F. Approaching Hyères from La Pauline on a calm day, the traveller will be astonished at the rapidity with which the temperature rises, while the vegetation assumes a more thoroughly tropical character, until the culminating point is reached in the date palms on the Place des Palmiers. The mistral, that great enemy of Provence, is little felt here. The valley of Costebelle is well sheltered against this scorching wind, and is also more protected and favoured as regards vegetation.

The mean barometric pressure is 762 to 766 mm., and the mean humidity of the air is 58 per cent. in the year. Forty-five rainy days, from October to end of April, have been noted; snow falls very rarely, indeed not more than two or three times in a century. Fogs occur sometimes in autumn and spring, but are of short duration. The health of the community is very good, and scrofula and phthisis scarcely exist. The water is good. Drainage has been improved considerably of late, but much still remains to be done in this respect.

As everywhere on the Riviera, so in Hyères, the hour of sunset is a dangerous one, and patients have to be careful not to remain out of doors. The climate of Hyères, on the whole, may be called a dry and stimulating one, and well suited to patients who desire to avoid the damp and cold of a northern winter, and who do not depend on free exercise in the open air as their principal treatment.

The town has 12,000 inhabitants, and the excursions are very varied and beautiful. A special feature is the three avenues planted with palm-trees, whence the name "Hyères les Palmiers." A large casino, with theatre, reading rooms, concert hall, &c., exists on the Boulevard Napoleon, where the syndicate has its offices.

Post and Telegraph Office. Avenue des Palmiers, near the English Church.

Bookseller: T. Hébrard.

Chemist: Massel.

House and Estate Agents: V. Fouchier, Avenue de la Gare.

Dentist: J. F. Paterson.

Bankers: R. C. Corbett & Co., and Mr. Chapman.

Doctors: Drs. Cormack, Biden, Roux, Dubrandy, Bourgarel, and Marquez.

Hotels: Peyron, Continental Albion, Parc, Isles d'Or, Europe, Hesperides, Albion, Palmiers, &c.

Hypate.—Greece, Peloponnesus.

Saline sulphurous waters, 50° F., mildly purgative action.

Special indications: Leprosy, elephantiasis, syphilis and mercurial dyscrasia.

Hythe.—England, Kent, on the Channel coast.

Sea baths much frequented, and good bathing appliances.

Ibenmoos.—Switzerland, Canton of Lucerne ; 1,800 feet above sea level.
Cold earthy waters. Charming site.

Internal and external application.

The establishment is well arranged, and the accommodation satisfactory.

Iberg.—Switzerland, Canton Schwyz, near Schwyz ; 3,050 feet above sea level.

Sulphurous magnesian waters.

Exported in stone bottles to the surrounding districts.

Ibero.—Spain, province of Pamplona, near Echauri ; 1,400 feet above sea level.

Alkaline waters, 60° F.

Special indications : Gastralgia and dyspepsia, hyperæmia of liver and spleen, plethora abdominalis, chronic metritis, calculus and gravel, vesical catarrh.

The situation is beautiful and the vegetation luxuriant. The gardens are extensive, and enclose a small lake for boating. The establishment is completely fitted up in modern style ; the accommodation is ample and moderate in price.

Doctor : Dr. Cervera.

Iceland.—Island of, belonging to Denmark.

Intermittent springs, known under the name of “ Geysers.”

The hottest springs and the largest in volume in the world.

Boats go from Leith during the summer months ; address the owners of ss. *Camoens*.

Ikaria.—Greece, island in the Ægean Sea.

Very strong saline waters, 120° to 125° F.

Notwithstanding a lack of accommodation and an unsatisfactory climate, the place is frequented by the inhabitants of Samos and Asia Minor.

Ilanz.—Switzerland, near Laax ; 2,200 feet above the sea.

Climatic health resort.

Doctors ; Drs. Riedi and Schuoler.

Hotel : Oberalp.

Ildenburg.—Germany, Prussia, in the Hartz Mountains

Chalybeate waters and resinous baths.

Doctor : Dr. Benzler.

Ildjak.—Bosnia.

Saline waters.

Ilfracombe.—England, North Devonshire, at the entrance of the Bristol Channel.

Sea baths, much frequented. Air bracing and fresh.

A lovely place, a centre for many excursions; during the season (May to October) there are nightly concerts in the pavilion.

Doctors : Drs. Deud, Edwards, Fox, Gardner, Toller and several others.

Hotels : The *Ilfracombe, Runnacleave, Portland House*.

Ilidze.—Bosnia, 8 miles west of Serajevo; altitude 1,640 feet. Reached via Vienna, and then to Budapest, Szabadka, Bosnian Brod, and Serajevo.

Hot sulphur springs, 136° F., containing also sulphate of soda, chlorate of lime and carbonic acid, and is like the Friconcella spring at Civita Vecchia.

Special indications : Rheumatism, gout, bronchitis, &c.

Mud baths.

Resident Doctor in hotel.

Horse races and various courses of amusements can be enjoyed, while military bands perform in the public parks.

Hotels : *Hungaria, Austria and Bosnia*.

Ilkeston.—England, Derbyshire.

Sulphate of iron waters.

Doctor : Dr. Uherek.

Ilkley.—England, Yorkshire, on the Wharfe.

Climatic station in summer, with hydropathic establishment at Ben-Rhydding. Chalybeate waters.

Doctors : Drs. Bampton, Carter and Scott.

Hotels : *Hotel Middleton*.

Ilmenau.—Germany, Thüringia, Grand Duchy of Saxe-Weimar; 1,620 feet above sea level.

Hydro-therapeutic establishment; and, owing to the surrounding pine forests, a climatic station.

Special indications : Affections of the eyes, and nervous and heart diseases.

Doctors : Drs. Hassenstein and Sarge.

Hotels : *Kurhaus, Sun, Lion*.

Immenstadt.—Germany, Bavaria, near Munich, 2,300 feet above the sea level.

Climatic air station; whey cure.

Doctor : Dr. Uherek.

Imnau.—Germany, Principality of Hohenzollern; 1,260 feet above sea level.

Ferruginous bicarbonate waters, 22° F. Exported. Pine-cone-sap baths.

Special indications : Affections of the chest.

Much frequented station. Good establishment.

Doctors : Drs. Mock and Wern.

Imola.—Italy, province of Bologna; 45 m. from Bologna by rail, quarter of an hour carriage from the station; 12,000 inhabitants..

Ferruginous, sulphurous saline waters. The establishment, erected in 1830, is efficient, and is situated in a very charming valley. The hotels afford every accommodation and comfort.

Doctors: Drs. Lesi and Ferretti.

Inchaurte.—Spain, province of Guipuzcoa.

Cold sulphurous waters.

Innichien.—Austria, Tyrol, valley of the Puster, 3,400 feet above the sea level.

Saline sulphurous and saline ferruginous waters. Little frequented.

Special indications: Gout, scrofula, blenorrhœa, amenorrhœa, hysteria, hypochondriasis, colic.

Innsbruck.—Austria, Tyrol, 2,000 feet above the sea level. Population, 30,000.

Climatic station in summer and winter.

The climate is equable. Average dry days in year 229, wet 128, windy 60.

A health resort, beautifully situated in the Tyrolese Alps, the capital of the Austrian Tyrol. Much frequented during the summer months, its invigorating climate being especially beneficial for those suffering from nervous diseases, insomnia, loss of appetite, &c.; also for the treatment of anæmia.

Sheltered from the north and east winds by the surrounding Alps. The town is rapidly becoming popular as a winter resort, the extreme dryness of the atmosphere rendering the cold hardly noticeable.

Mountains offer excellent facilities for chamois hunting, and numerous excursions can be made in summer; also in winter in sleighs; also skating, tobogganing, &c.

There is an excellent university, with a library containing 80,000 volumes, offering educational advantages of the highest class; besides this, there are all sorts of schools, and private lessons of every description can be had by eminent teachers at most moderate terms. A good theatre, with nightly performances; the Stadsaal, with its ball room, restaurant and reading rooms. Concerts are frequently held, balls, etc.

Hotel Tirol, formerly *Hotel d'Autriche*. Excellent first-class house, with beautiful view, close to railway station and salt swimming baths. Reading and smoking rooms, fine garden. Special arrangements for winter visitors. Carl Landsee, proprietor (*see advertisement at end*).

Also *Hotels de l'Europe*, *Goldene Sonne*, *Habsburger Hof*, &c.

Inowracław.—Germany, Prussian province of Posen.

Saline waters.

Special indications : Scrofula, skin diseases, rheumatism and female affections.

Doctors : Drs. Mannheim, Rakowski and Winkler.

Hotels : *Kurhaus, Villa Weiss.*

Inselbad.—Germany, Westphalia, near Paderborn.

Saline and saline chalybeate waters, 45° F. Inhalations. whey cure.

Special indications : Tuberculosis, chronic bronchial catarrhs, pleuritic exudations.

Doctor : Dr. Brüggelmann.

Hotels : *Kurhaus, Bathhouse.*

Instow.—England, Devonshire, near Bideford.

Sea baths.

Interlaken.—Switzerland, Canton of Berne, between the Lakes of Brienz and Thun.

Climatic station in summer. Whey cure.

It possesses only artificial baths, and is visited almost entirely on account of its beautiful environs. Verv fine scenery, and pure healthy air.

English service in the church at the Nunnery, also at Beatenberg.

Doctors : Drs. Delachaux, Zürcher and Strasser.

Hotels : *Rugen, Metropole, Victoria, des Alpes, &c.*

Inverleithen.—Scotland, Peebles, on the Tweed.

Saline waters.

Iósza.—Austria-Hungary, comitat Ung, rail to Nagy-Mihálz.

Alkali-saline waters. Establishment good.

Irno (Valley of).—Italy, province of Naples ; from Naples to Salerno by rail, 1½ hours, thence by carriage half-an-hour.

Alkali-saline waters ; not thoroughly analysed (but superior to Vichy, and assimilating more to the Karlsbad waters), 59° F.

Season : June—September.

Special indications : Chronic catarrh of the stomach, splenic and hepatic complaints, uric acid diathesis, catarrh of the urinary organs, gout and chronic rheumatism.

The site is beautiful, but the management of the establishment is scarcely on a par with the efficacy of the waters.

Ischia.—Italy, island in the Bay of Naples. Population 25,000.

Alkali-saline waters, 145° F. Thermal establishment of Casamicciola. Climatic station for spring and autumn. Sand baths.

Special indications : Uterine affections, rheumatism, but more especially diseases of the bones, sores, gout and paralysis.

An island celebrated for its rich vegetation and the beauty

of its sky. It is much visited, too, on account of the abundance of its mineral springs. On its small surface there are no fewer than 22 springs, all well known, and all of which were in use under the Romans. The principal are St. Restituta, Cappone Fontana (similar to cold Carlsbad), and Gurgitello. (See articles on above.) The earthquake of July, 1883, wrought so much havoc amongst the bathing establishments that it is unlikely they will ever be rebuilt.

Doctors: Drs. Manzi and Storer.

Hotels: *Belle Vue, Pisani and des Bains.*

Ischl.—Austria, Salzkammergut, on both banks of the Traun, at the confluence of the Traun and Ischl, 1,600 feet above sea level; 9,000 inhabitants. For routes see table.

Saline waters and mud baths; pine baths are also given.

Special indications: Lymphatism, incipient goitre, affections of the mucous membrane of the stomach and intestines, chronic vomiting. Action of waters is tonic and laxative.

There is a fine kurlhaus, well attended. The surrounding scenery is very lovely.

Post and Telegraph Office.

Bookseller: Manhart, Pfarrstrasse.

Doctors: Drs. Kaan, Fürstenberg, Heinemann, Stieger and Kottowitz, &c.

Hotels: *Crown, Victoria, Post, Bauer, Kaiserin and Elizabeth.*

Isla de Lorio.—Spain, province of Castellon de la Plana, near Lucena. Alkali-saline waters.

Special indications: Stomachic and intestinal derangements, vesical catarrhs, calculus.

Islington.—England, a district of London.

Ferruginous waters of great repute in the eighteenth century, at present not used.

Ismailia.—Egypt.

Salt water baths.

Doctor: Dr. Morrison.

Isola Bona.—Italy, near Porto Maurizio.

Cold sulphurous waters.

Ivanda.—Austria, on the frontier of Servia and Wallachia, near Temesvar.

Bitter waters, mineralisation 17 grammes, 12 grammes of which are sulphate of sodium. It contains no sulphate of magnesia, and is laxative, mild in action, and therefore suitable for prolonged and gentle treatment.

Ivanyi.—Austria-Hungary, comitat of Bereg; half-an-hour from Munkács.

Earthy ferruginous water.

A small bathing establishment.

Ivonicz.—Austria, Galicia, near Krosno.

Two saline bromo-iodurated, a bituminous and a ferruginous spring. This water contains 0·017 iodide of sodium.

Special indications: Goitre, articular disease, and herpes.

The establishments are efficient and the environs charming.

Jabalçuz.—Spain, province of Jaen, and near this town.

Sulphurous, magnesian or bitter waters, 80° F.

Special indications: Nervous complaints, epilepsy and hysteria, rheumatism, gout and the uric acid diathesis, and general paralysis.

The establishment is not good. Patients can be lodged at the baths; but prefer to stay, as a rule, in Jaen, whence Jabalçuz is only half-an-hour's drive. Prices are moderate, The situation is mountainous.

Doctor: Dr. Lacort.

Jacintos (de los).—Spain, New Castilia, near Toledo.

Ferruginous alkaline waters, only exported.

Special indications: Difficult and irregular menstruation, chlorosis.

Jacobfalva.—Austria, Transylvania.

Cold bicarbonate ferruginous waters, mineralisation 5 grms.

A small establishment, with limited accommodation.

Jacobsbad.—Switzerland, near Appenzell.

Climatic health resort.

Doctor: Dr. Germann.

Jaen.—Spain, capital of province of Jaen.

Thermal sulphate of magnesia springs, 85° to 90° F.

Special indications: Rheumatism, paralysis.

Jahodnika.—Austria-Hungary, comitat of Thurocz.

Highly effervescent ferruginous waters. Only used locally.

Jalleyrac.—France, Department of Cantal.

Cold bicarbonate of iron waters.

Jalova.—Turkey, Asia Minor, near Brussa.

Thermal sulphurous springs.

A very good establishment, and an interesting place to stay at.

Jamnicza.—Austria, Croatia, near Agram.

Cold alkaline and sulphurous ferruginous waters, 16 grms. of mineralisation, of which 6 are carbonate of sodium and 3 sulphate of sodium.

Special indications: Anæmia.

A much-frequented establishment.

Janischek.—Russia, Lithuania.

Sulphurous waters.

Only used in the neighbourhood.

Jano.—Italy, Modena, near Scandiano.

Cold sulphurous waters.

Only used in baths by the surrounding peasantry.

Jaraba.—Spain, province of Saragoza, near Ateca.

Thermal sulphurous waters, 85° F.

Special indications : Rheumatism, urinary affections, calculus, gravel, chronic metritis, difficult menstruation.

The site is romantic. There are three establishments equally good. The accommodation is ample and moderate in price.

Doctor : Dr. de Gregorio.

Jaróslaw.—Austria, Galicia, district of Przemyśl.

Effervescent ferruginous waters, used in bathing.

Jaxtfeld.—Germany, Würtemberg, near Heilbronn; 450 feet above sea level.

Saline waters, mineralisation 113 grammes, of which 108 are chloride of sodium. Inhalation.

A good establishment, with comfortable accommodation.

Doctor : Dr. Pfeilsticker.

Jelen.—Austria-Hungary, comitat of Gömör, 1½ hours from Rima-Szombath.

Effervescent ferruginous waters, used only in the environs as table water.

Jenatz.—Switzerland, Canton of Grisons.

Cold ferruginous and mixed bicarbonate waters of 60° F.

Whey cure.

The establishment is fairly well arranged, and the accommodation good.

Joanette.—France, Department of Maine and Loire, near Angers.

Saline ferruginous springs, one sulphurous.

A small establishment.

Job.—France, Department of Puy de Dôme, near Ambert.

Slightly mineralised waters, used only as table water.

Jobsbad, or Wiesenbad.—Germany, Saxony, near Annaberg; 1,370 feet above sea level.

Earthy alkaline waters.

A fairly good establishment. Scenery grand and charming.

Johannisbad.—Austria, Bohemia, near Melnik

Ferruginous waters.

Johannesbad.—Austria, Bohemia, near Pardubitz ; 2,000 feet above the level.

Alkali-ferruginous thermal water, 70° F. ; climatic station.

Special indications : Nervous affections, hysteria, neuralgia, gastralgia.

Very charming site and mild air.

Doctors : Drs. Kopf and Pauer.

Hotel : *Kurhaus*.

Johannisberg.—Germany, Nassau, near Gelsenheim on the Rhine.

Hydropathic establishment with electrotherapy. Grape cure.

Very elegant accommodation.

Doctors : Drs. Hecker and Kuhlweller.

Johnstown.—Ireland, Kilkenny, near Ballyspellin Spa.

Ferruginous spring. Much frequented.

Jood.—Hungary, comitat of Mármaros, Isa Valley.

Sulphate of soda and magnesia waters, with purgative action.

Jordansbad.—Germany, Würtemberg, near Biberach ; 1,660 feet above sea level.

Effervescent ferruginous waters ; establishments, with shower, spray, douche, and sitz baths. The situation is retired and pretty.

Jorullo.—South America, Venezuela.

Thermal sulphurous springs, 155° F.

Jose.—France, Department of Puy de Dôme.

Bicarbonate of soda water ; only used as table waters.

Josephsbad.—Austria, Bohemia, near Tetschen.

Ferruginous waters.

Jouche.—France, Jura, near Dole.

Saline waters.

Jugenheim.—Germany, Hesse-Darmstadt, near Seligenstadt.

Climatic air station, grape cure.

Doctor : Dr. Gindra.

Juliushall.—See HARZBURG.

Jungbrunnen.—Germany, Würtemberg, near Rottweil.

Saline waters, whey cure.

A good establishment.

Junqueiro.—Portugal, on the Atlantic, close to Lisbon.

Sea baths, sandy beach.

Very good establishments, and much frequented.

Johannis.—Zollhaus, Germany, Hesse-Nassau.

Carbonate of lime, soda, and magnesia waters highly charged with carbonic acid gas. .

This Spring, with a yield of about 35,000 gallons a day, is the property of the "Johannis Company," London.

The extensive pump and bottling rooms at Zollhaus evidence the immense demand for this water, which daily increases in favour.

The following analysis of the water was obtained by a Special Commissioner sent by *The Lancet* :—

	Gramme.
Carbonate of lime ...	0·460
„ magnesia...	0·186
„ soda ...	0·382
„ lithium ...	traces.
Chloride of sodium ...	0·034
Sulphate „ ...	trace.
Oxide of iron ...	0·012
Silica ...	0·009

Total solid contents per litre ... 1·083

The percentage of carbonic acid in the gas was found to be from 99·43 to 99·98.

The great advantage of a water naturally mineralized over that which is treated artificially, consists in the fact that the gas is retained for a longer period. "Johannis" possessing this most valuable characteristic, combined with exceptional purity, is rightly placed in the foremost rank of mineral waters.

The establishment is excellent, and accommodation comfortable and moderate.

Jurowla.—Austria, Galicia, district of Sánok.

Cold saline waters.

Poor arrangements.

Kabolapolyána.—Austria-Hungary, comitat of Marmáros, district of Rahó.

Highly effervescent ferruginous waters.

Thoroughly efficient bathing establishments, with all modern requirements.

The position of the town is picturesque.

Kács.—Austria-Hungary, district of Mező-Kovesd, near Miskolcs.

Indifferent waters, 65° F.

A very good establishment, with good accommodation.

Kaiapha.—Greece, west coast of Morea, Messinia, north of Navarino.

Thermal sulphurous waters.

Special indications : Herpes, psoriasis, elephantiasis.

These waters are mentioned by Strabo. They are very efficient, but the severity of the climate makes residence scarcely advisable.

Kainzenbad.—Germany, Upper Bavaria, near Partenkirchen, 2,500 feet above the sea level.

Climatic air station, and sulphurous ferruginous waters.

The surrounding country affords occasion for a great many interesting excursions.

Doctor : Dr. Behrend.

Kaissariani.—Greece, Attica, at the foot of Hymettus.

Indifferent waters ; climate very good in summer.

There are many ruins in the neighbourhood.

Ovid speaks of these waters in the following lines :—

“ Est prope purpureos colles florentis hymetti,
Fons sacer et viridi cespite mollis humus.”

Kalauria or Poros.—Greece, island in the Ægean Sea.

Slightly sulphurous waters, used in urinary and intestinal disorders.

Kalimaneste.—Roumania.

Saline sulphurous waters, 55° F.

A small establishment.

Kaltenleutgeben.—Austria, Lower Austria, near Vienna.

Hydropathic establishment.

Very mild air and picturesque site.

Doctor : Dr. von Winternitz.

Kammer.—Austria, near Linz and Salzburg.

Climatic summer station ; baths in the Attersee ; whey cure.

Very charmingly situated ; pure air and equable climate ; good trout fishing and interesting excursions for tourists. The establishment is excellent, and accommodation comfortable and moderate.

Kämmeribobenbad.—Switzerland, Emmenthal district; altitude 3,900ft.
Sulphurous waters.

Kammietz-Podolsk.—Russia, Government of Podolia.
Sulphurous waters.
A much-frequented station.

Kanitz.—Germany, Bavaria, near Werdenfels; 2,500 feet above sea level.
Alkaline iodurated waters.
Whey cure.
A good establishment.

Karlshafen.—Germany, Prussia, near Minden.
Saline waters.
A good establishment with satisfactory accommodation.
Climate very mild and agreeable.
Doctors ; Drs. Amelung and Siebert.

Karpfen.—Austria-Hungary, comitat of Sohl, on the Kropona.
Sulphurous magnesian waters.
A small establishment, used only by the inhabitants.

Karytena.—Greece, Peloponnesus.
Cold sulphurous waters.
Like the majority of Greek springs, these were used in ancient times, but are now neglected.

Kaschin.—Russia, Government of Tver, near Moskau, on the Masletka.
Very cold ferruginous waters.
Primitive arrangements, used only by residents.

Kastanowka.—Russia, Government of Kiew, near Schpoli.
Sulphurous waters, little used.

Kastenloch.—Switzerland, Canton of Appenzell.
Alkaline waters, little used.

Katharinenbad.—Russia, Caucasia, on the Terek.
Alkali-saline waters, 175° to 180° F.
Primitive arrangements and accommodation.

Katharsion.—Greece, Island of Lesbos.
Saline waters, 75° to 80° F.; they contain a good deal of sulphur. The place is called, in consequence, the "ill-savoured pool."

The baths enjoy a high reputation, and are much frequented.
The ruins of the old Grecian baths have been partially restored, and afford visitors satisfactory accommodation.

Katwyk.—Holland, one hour from Leyden.
Sea baths and sandy beach; very quiet place, though much frequented. The simple and tranquil life act very favourably on invalids.

Katzhütte.—Germany, Thuringia, near Rudolstadt; 1,300 feet above sea level.

Climatic air station; pine cone sap baths.

Situated in the midst of vast forests; the air is especially suitable for patients suffering from anæmia, green sickness, and kindred ailments.

Doctor: Dr. Wiesel.

Kaudenbach.—Germany, Rhenish Prussia, near Bertrich.

Earthy ferruginous waters, 70° F.; used in drinking, as auxiliary to those of Bertrich.

Keked.—Austria-Hungary, comitat of Abanj, near Kaschau.

Cold sulphurous waters.

Special indications: Chronic catarrhs and muscular contractions.

Kellberg.—Germany, Bavaria, 1½ hours from Passau; 1,200 feet above a level.

Ferruginous and slightly effervescing waters.

The establishment is well arranged, and the accommodation comfortable and moderate in price.

Doctor: Dr. Schreiner.

Kéménd.—Austria-Hungary, comitat of Hunyad.

Earthy waters, 45° F.

Kemmern.—Russia, near Riga.

Very strong sulphurous waters, containing a large quantity of sulphuretted hydrogen.

The bathing establishment is elegant and the accommodation satisfactory.

Kerö.—Austria, Transylvania, district of Dées.

Cold saline sulphurous waters.

Good establishment, with tolerable accommodation.

Keruly.—Austria, Transylvania, district of Udvarhély, 4 hours from Lövete.

Effervescent alkaline ferruginous waters. Used only by the surrounding peasantry.

Keswick.—England, Cumberland, Lake District.

Summer holiday resort, with fishing and boating.

Doctors: Drs. Knight, Heslop, Crawford, Mathieson, King and Turnbull.

Hotels: Derwentwater, Lodore, Riggs.

Kenchreæ.—Greece, on the Isthmus, south of Corinth.

Saline waters, 70° F.

Known in the days of Pausanias as the Helena baths.

Kiel.—Germany, province of Holstein. Important maritime port on the Baltic.

Sea baths ; fine white sandy beach.

Season : June—September.

The establishment is very elegant and much frequented.

Doctors : Drs. Heller, Joehns and B. Fischer.

Kierling.—Austria, province of Lower Austria, near Klosterneuburg.

Climatic station, but better known through its whey cure establishments.

Very fine climate and luxuriant vegetation.

The establishment is comfortable.

Kilchzimmer.—Switzerland.

Climatic health resort.

Kilkee.—Ireland, co. Clare.

Sea baths, sandy beach ; chalybeate springs.

Doctor : Dr. Walton.

Kilkenny College Spa.—Ireland, on the River Nore.

Chalybeate waters.

Doctors : Drs. Elunden, Hackett, Brennan, Griffin, Magee, &c.

Killymard.—Ireland, Donegal.

Sulphurous springs, entirely neglected.

Kilrush.—Ireland, Clare.

Sea baths, sandy beach ; chalybeate waters.

Doctors : Drs. Counihan, Crowley, Sexton, &c.

Kimpolung.—Roumania, near Mûschli and the Austrian frontier.

Saline sulphurous waters.

Primitive establishment, with indifferent accommodation.

The site is pleasant and pretty.

Kinsale.—Ireland, county Cork, on the Bandon river.

Sea baths, fine sandy beach ; chalybeate waters, near Castle-in-Park.

Doctors : Drs. Bleasly, Dorman, Mead and Vicary.

Kiralyi.—Austria-Hungary, comitat of Gömör, near Tornallya.

Sulphurous earthy waters, 60° to 75° F. Only used in the environs.

Kiralymezö.—Austria-Hungary, comitat of Marmáros, district of Tecsö.

Ferruginous iodo-bromurated saline waters.

The spring is the property of the Government, and is almost neglected.

Kirchberg.—Germany, Bavaria, near Reichenhall; 1,520 feet above sea level.

Earthy alkaline saline waters, whey cure, and aromatic her extract baths.

Much frequented. The situation is charming.

Doctors; Drs. Kietz and Rossler.

Kirchbrunnen.—Germany, Württemberg, near Heilbronn.

Bitter waters.

Formerly much frequented, and the water exported, but now abandoned.

Kirchheim.—Germany, Württemberg, near Teck.

Cold sulphurous waters.

Special indications: Chronic rheumatic and arthritic complaints, chronic skin diseases.

There is a good establishment.

Doctors; Drs. Eberhard and Krauss.

Kirchleerau.—Switzerland, Canton of Aargau, 3 hours from Aarau.

Earthy waters.

Used only by the peasantry of the neighbourhood.

Kirkilissa.—Turkey, Bulgaria, on the road from Adrianople to Constantinople.

Sulphurous water, 80° F.

The bathing arrangements are the same as in all Oriental baths.

Kirstenpils.—Denmark, near Copenhagen, in the Zoological Gardens.

Indifferent waters.

Special indications: Paralysis and rheumatism.

Kis-Czeg.—Austria, Transylvania.

Alkali-saline waters; four springs.

Purgative and very efficacious action. A cold Karlsbad.

Kis-Kalan.—Austria, Transylvania, 2 hours from Hunyad.

Mixed bicarbonate waters, 75° F.

Kis-Sáros.—Austria-Hungary, comitat of Sáros, near Eperies.

Alkaline ferruginous waters.

A very good establishment, with comfortable accommodation.

Very picturesquely situated.

Doctor: Dr. Jác.

Kissingen.—Germany, Bavaria, near Würzburg, on the right bank of the Saale; 602 feet above the sea level. For routes see table.

Cold saline waters, strongly mineralised. Three principal springs, of which there are six in all, are the Rakoczy, the Pandur, and the Maxbrunnen.

Season: May 15th—September 30th.

Number of visitors : About 30,000 annually.

Special indications : Tonic, exciting, purgative and diuretic. They are admirably suited to abdominal and hæmorrhoidal congestions.

Prince Bismarck passes about two months here every year.

Bookseller : Ph. Hailmann.

Doctors : Drs. Sotier, Stöhr, Dirnf and Rosenau.

Hotels : *Royal Kurhaus, Russie, Victoria, Kaiserhof and Angleterre.*

Kislovodsk.—Russia, Caucasus ; 2,375 feet above the sea level.

Alkali-saline earthy waters, 45° F.

A special feature of this water is its action on the kidneys. It is very efficacious in all vesical diseases. Caution must be used in drinking it.

Klampenborg.—Denmark, near Copenhagen.

Sea baths.

A much-frequented establishment, with Continental arrangements and good hotel.

Cold sea baths, good sandy beach.

Favourite place for tourists.

Klaussen.—Austria, Styria, near Graz.

Ferruginous bicarbonate waters. Composition almost identical with those of Spa ; 0·098 of iron.

Special indications : Catarrhal affections, hypochondriasis, hysteria, anæmia.

Klein-Chocholna.—Austria-Hungary, comitat of Trenczin and near this town.

Alkali-saline ferruginous waters.

Only used by the peasantry in cases of intermittent fever.

Kleinengstingen.—Germany, Würtemberg, near Marbach ; 2,190 feet above sea level.

Indifferent waters ; little used.

Kleinern.—Germany, Principality of Waldeck-Pyrmont.

Bicarbonate of magnesia waters. Complementary to those of Wildungen.

Klein-Schirma.—Germany, Saxony, between Freiberg and Chemnitz.

Mineral and mud bathing establishment.

Klemutzion.—Greece, Morea, province of Elis, facing Zante.

Sulphurous waters, 70° to 95° F.

Well known in ancient times.

Klienig.—Austria, Carinthia, district of Klagenfurt.

Earthy alkaline and ferruginous waters.

Special indications : Debility, anæmia, difficult menstruation.

Klokocs.—Austria-Hungary, comitat of Sohl.

Effervescent earthy waters, little used.

Klonthal.—Switzerland. Canton Glarus.

Climatic health resort.

Doctor: Dr. Kruger.

Klostermühle.—Germany, Thuringia, in the Harz mountains, near Alexisbad.

Climatic air station.

Doctor: Dr. Jacobi.

Klosters.—Switzerland, Grisons; 4,000 feet above the sea level.

Cold sulphurous waters.

Indifferent establishment.

Doctor: Dr. Hitz.

Klutschewsk.—Russia, in the Ural mountains, Government of Perm.

Sulphurous waters.

Klütz.—Germany, Mecklenburg-Schwerin, near Wismar.

Sea baths, sandy beach, and good arrangements.

Doctors: Drs. Kelling and Peters.

Knaresborough.—England, Yorkshire.

Sulphate of lime waters.

Doctors: Drs. Renton and Sweeting.

Knutwyl.—Switzerland, Canton of Lucerne; 2,110 ft. above the sea level.

Railway station, Sursee, on the Olten-Lucerne line.

Sulphate of lime and iron waters, but not in large proportions. Very mild and pure air.

Good establishment and tolerable accommodation.

Doctor: Dr. Troller.

Koberndorf.—Austria-Hungary, comitat of Oedenburg, near Rabnitz.

Alkali-saline ferruginous waters.

Good establishment, with comfortable accommodation at moderate rates.

Kochel.—Germany, Bavaria, on the Lake of Kochel.

Alkaline waters, climatic air station; very mild and equable air.

The establishment is luxurious and accommodation ample.

Doctor: Dr. Burkhard.

Kondrau.—Germany, Bavaria, near Ratisbon; 1,600 feet above sea level.

Saline waters.

Special indications: Catarrh of the vesical organs and gravel.

Königsborn.—Germany, Westphalia, near Unna.

Cold saline waters.

Very efficient establishment.

Doctors: Drs. Kipp and Wezele.

Königsbrunn.—Germany, Saxony, near Königstein, 1½ hours from Dresden.

Hydropathic establishment.

Very fine site; place thoroughly well appointed. The place is less frequented of late, owing to the surrounding manufacturing impairing the purity of the air with their smoke.

Doctors: Drs. Putzar and Wittgenstein.

Königsdorff-Jastrzems.—Germany, Silesia, near Ratibor; 800 feet above sea level.

Bromo-iodurated saline waters, very strongly iodurated, 65° F.

Special indications: Chronic rheumatism, paralysis, syphilis, scrofula, affections of the uterus, difficult menstruation, caries, necrosis, skin diseases, goitre.

Doctor: Dr. Nical Witzak.

Hotels: Königsdorff, Hohenzollern.

Königstein.—Germany, Nassau in the Taunus.

Hydro-therapeutic establishment.

Doctors: Drs. Lindner and Ludwig.

Hotels: Pfaff, Amsterdam.

Königswarth.—Austria, Bohemia, near Marienbad 2,155 feet above sea level.

Bicarbonate of iron waters.

Special indications: Anæmia, rachitis, scrofula, chronic paralysis.

The establishment is thoroughly fitted up, and the site is charming.

Doctor: Dr. Kohn.

Hotel: Kurhaus.

Königswinter.—Rhenish Prussia, at the foot of the Drachenfel and Petersberg.

Climatic health resort, with splendid scenery.

There is a good hotel on the Petersberg, kept by Mrs. Welle

Konopkowka.—Austria, Galicia, district of Tarnopol.

Cold sulphate of lime waters.

Special indications: Herpes, rheumatism.

Only used in baths; the establishment is efficient.

Kopenhagen.—Denmark, capital of.

Sea baths, sandy beach.

Kornwestheim.—Germany, Würtemberg, half-hour from Ludwigsburg

Cold sulphurous waters.

The Kurhaus combines bathing establishment and hotel.

Korond.—Austria-Hungary, Transylvania.

Saline waters.

No establishment, and but primitive accommodation.

Koroud.—Austria, Transylvania, near Parajd.

Effervescent earthy waters.

There is a bathing establishment, and several buildings affording good accommodation.

Korsow.—Austria, Galicia.

Ferruginous bicarbonate waters.

Korytnica.—Austria-Hungary, in the Carpathians, near Neusohl.

Saline ferruginous waters, and climatic station.

Korytnica is magnificently situated. The vegetation is very luxuriant, the air mild and equable, and the place very fashionable.

Doctors : Drs. Vogel and Ormay.

Kösen.—Germany, Saxony, near Naumburg.

Saline bituminous waters, 40 grammes of mineral principles, of which 33 grammes are chloride of sodium; the salts are exported.

Special indications : Scrofula.

Very good establishments, with abundant and fashionable amusements.

Doctors : Drs. Wahn, Löffler and Schüke.

Hotels : Zum Muthigen Ritter, Kurzhalz.

Kosia.—Roumania.

Sulphurous-saline waters, 60° F.

Very little used.

Kostreiniz.—Austria, Styria.

Carbonate of soda water; 10 grammes of mineralisation, of which six are carbonate of sodium.

Köstritz.—Germany, Principality of Reuss.

Saline, pine-cone sap, dry, warm, and sand baths.

Special indications : Rheumatism, anchylosis.

Doctors : Drs. Sturm and Apltz.

Hotel : Kurhaus.

Kötschenowa.—Russia, near Moscow.

Effervescent ferruginous waters.

Good establishments, long known.

Kovaszna.—Austria, Transylvania, near Kronstadt.

Cold alkaline-muriatic springs.

Primitive establishment, with accommodation of an indifferent kind.

Krähenbad.—Germany, Würtemberg; 1,400 feet above sea level.

Alkaline-earthly waters.

There is a primitive establishment.

Krankenheil.—Germany, Bavaria, near Tölz; 3,452 feet above the sea level, on the river Isar.

Cold iodo-bromurated saline waters.

Special indications: Scrofula, inflammation of the ovaries, hyperæmia of the uterus, indurated breasts, inflammation of the prostate gland and urinary organs, goitre.

Kursaal and Trinkhalle; much-frequented establishments.

Doctor: Dr. Höfler.

Hotel: Kurhaus. Chas. Loder, proprietor.

Krapina Töplitz.—Austria, Croatia, comitat of Warasdin.

Two thermal carbonate of lime springs, 100° to 115° F.

Special indications: Nervous affections, eczema, prurigo-lichen, psoriasis.

Excellent establishment and accommodation. The site is beautiful and the climate mild and healthy.

Doctors: Drs. Von Aigner and Rak.

Hotel: Kurhaus.

Kreischau.—Germany, Saxony, near Dresden.

Hydropathic establishment.

The environs are very woody, and the gardens around the establishment are superb.

Doctors: Drs. Breitlach and Eckebrecht.

Kreuth.—Germany, Bavaria, near Tegernsee; 2,910 feet above the sea level.

Bitter waters, whey cure, climatic station.

A well-appointed establishment; climate mild, yet damp.

Doctor: Dr. May.

Hotel: Kuranstalt.

Kreuzburg.—Germany, Saxe-Weimar, near Eisenach; 1,300 feet above sea level.

Climatic air station; saline waters, ferruginous mud baths and whey cure.

Doctors: Drs. Brueckner and Schäfer.

Kreuzen.—Austria, province of Upper Austria, near Grein; 1,360 feet above the sea level.

Hydropathic establishment. Climatic station, surrounded by pine forests.

Complete establishment.

Doctors: Drs. Krischke, Urbaschick, Fleishanderl.

Kreuzlingen.—Switzerland, near Constance.

Climatic health resort.

Doctor: Dr. Kappeler.

Kreuznach.—Germany, Rhenish Prussia, on the Nahe. For routes see table.

Bromo-iodurated saline waters.

Season :—From 1st May to 1st October ; open all the year round.

Special indications :—Scrofulous affections, diseases of the ears, eyes, respiratory organs, bones and joints, all female and skin diseases, and in chronic affections generally.

Kreuznach stands 350 feet above the sea, is picturesquely situated on the river Nahe, contains 16,000 inhabitants, its principal industries being vineyards and hotel-keeping. It enjoys an exceedingly fine climate ; during the five months' season rain falls on the average about 50 days, and the rainfall is only 26 inches, so that relatively it more than favourably compares with all the German health resorts. The air is exceedingly dry, and there is a freedom from fogs. The season extends from May 1st to September 30th. There are five springs of importance—the Elizabeth, Oranien, Carshalle, Theodorshalle and Munster-am-Stein. Their chief constituents are chloride of sodium and lime, the iodides and bromides of sodium and magnesium, and carbonate of iron. There is also an appreciable amount of free carbonic acid gas. These waters, containing no sulphates, and being rich in bromides and iodides, are much in request for a class of complaints which requires alterative treatment. They are readily digested, and the iron they contain is easily assimilated. The Mother-lye (Multerlauge) of Kreuznach is a fluid, of a yellow colour, obtained after the concentration of the water and the abstraction of the chloride of sodium ; 20,000 gallons of it are exported every year, and it is in certain cases a most valuable therapeutical agent. Here, as at Nauheim, patients sit by the side of the graduation houses (" Gradierhauser," for description of which read article on Nauheim), in order to obtain the benefits of the salt atmosphere. There is a fine sanatorium, and covered walks are arranged for promenading in wet weather. Kreuznach is not backward in catering for the amusements of visitors ; one of the finest bands in Germany plays twice a day throughout the season—in front of the Kurhaus—during the time visitors take their meals under a covered piazza. The surrounding district is pregnant with lovely scenery. The cases which derive most benefit from a stay at Kreuznach are glandular affections, bone and joint diseases, rickets, female disorders, prostatic and vesical cases, catarrhs, skin diseases, rheumatism, gout, and various nervous affections. Comparison has been frequently made of the waters of Woodhall Spa with those of Kreuznach. Presuming that the former are as strong, the neighbourhood of Woodhall Spa cannot compare with that of Kreuznach, where the surroundings, both immediate and remote, are more amusing and pleasant. At Kreuznac

the hotels are remarkably comfortable; there is a large number to choose from, and their tariffs are most moderate. There are few better conducted or more pleasantly situated hotels in Europe than the Oranienhof (Mr. Alten), which stands in its own lovely grounds, in which may be found every outdoor amusement; visitors have the satisfaction of bathing in, and drinking, the waters direct from the strongest spring in the district, which spring rises inside the hotel itself. At the Kurhaus Hotel, conducted by the brothers Düringer (one of them formerly managed the Mena House Hotel at Cairo), visitors have the advantage of being immediately opposite the band-stand and close to the covered promenade leading to one of the principal springs, also of taking their meals outside under cover, listening to the band, conducted in a masterly manner by Herr Kwart. The Kurhaus is *not* a State establishment. Another advantage Kreuznach possesses is that it is the residence of several celebrated German physicians. Few members of the medical profession abroad have earned a better professional reputation than Dr. Strahl, whose name is justly associated with the useful researches made as to the analysis and action of the waters. There are 18 medical men, amongst them might be mentioned Drs. Hessel, Jung, Prieger, Stabel, Heusner, Frantzius. Dentist: Dr. Kraiker, of 25, Rosstrasse. Visitors to Kreuznach will do well to read a handbook published by J. H. Maurer-Greiner, of Berlin, the medical part of which is compiled by seven of the leading physicians. This book gives views, maps, routes, excursions, and a lot of other most useful information.

Protestant, Roman Catholic, English church, and Jewish places of worship. Several good schools for boys and girls.

Chemists: Messrs. Aschoff, Rottgen and Brauneck.

Bankers: Beckhard & Sons, 14, Eiermarket.

Booksellers: Barth, Schmitals and Herrasch.

Pianos on hire by Carl Glock.

Hotels: The *Hôtel Oranienhof*, the largest first-class house in the town, and patronized by Royalty (*see advt. at end*).

Hôtel Kurhaus, situated in the centre of the Kurpark, and well recommended (*see advt. at end*).

The *Private Hôtel D'heil Schmidt*, a first-class family house, central and quiet (*see advt. at end*).

Kronberg.—Germany, Nassau.

Saline and chalybeate waters. Whey cure.

There is a very efficient establishment.

Doctors: Drs. Marklin and Ostertag.

Kronthal.—Germany, Nassau; 500 feet above sea level. For routes see table.

Alkali-saline waters, 40° F.; exported.

Special indications: Nervous diseases and affections of the mucous membranes, bronchial catarrh.

Good establishment.

Doctors: Drs. Ostertag and Marklin.

Krumbach.—Germany, Bavaria, between Ulm and Memmingen.

Carbonate of lime waters.

Special indications: Nerve affections.

Very little frequented.

Doctors: Drs. Bauberger and Riederer.

Krynica.—Austria, Galicia, in the Carpathian mountain chain; 2,200 feet above sea level.

Gaseous alkaline ferruginous waters; climatic station; whey cure.

The establishments and the accommodation are thoroughly good.

Doctors: Drs. Mars, Zdun and Zieliniewsky.

Hotels: Seyfert, Krakau.

Krzeszow.—Austria, Galicia.

Ferruginous and sulphurous waters; mineral muds.

Primitive arrangements, and the place is but little frequented.

Doctor: Dr. Dura.

Kugelbad.—Austria, Bohemia, half-hour from Prague.

Alkaline ferruginous waters.

Good establishment.

Kunda.—Russia, Esthland, near Makhholm.

Cold sulphurous waters.

Kungara.—Russia, Caucasus, near Zelesnowodsk.

Alkali-saline waters, 80° F.

Very primitive arrangements, although the waters are highly efficacious.

Kunzendorf.—Germany, Silesia, district of Neustadt.

Ferruginous and sulphurous waters.

Tolerable establishment.

Doctor: Dr. Simon.

Kuopio.—Mussia, Finland, near Kuopio.

Ferruginous water.

Richest ferruginous spring in Finland. Picturesque situation. Good baths.

Doctor: Dr. Johnson.

Kuppis.—Russia, Finland, 2 miles from Abo.

Alkaline ferruginous waters.

Küssnacht.—Switzerland, near Zurich.

Climatic health resort.

Doctor: Dr. Aufdermann.

Kustendje.—Roumania.

Sulphurous waters.

Special indications: Skin diseases, gout, paralysis and intestinal disorders.

Doctor: Dr. Bolton.

Kybourg.—Switzerland, at the foot of the Buchegg.

Climatic health resort.

Doctor: Dr. Wyss.

Kythnos.—Greece, Island in the Ægean Sea, near Kea.

Two thermal saline springs, from 100 to 130° F.

Special indications: Rheumatism, gout, and elephantiasis.

Laax.—Switzerland, Prattigau district; 3,500 feet above the sea level.

Climatic health resort.

Near here are the health resorts of *Ilanz*, *Brigels* and *La Brevine*.

Labestz-Biscaya.—France, Department of Basses Pyrénées, near Maulcon.

One sulphate of lime and one cold ferruginous spring.

La Brevine.—Switzerland, Neuchâtel; 3,000 feet above sea level.

Climatic health resort, and ferruginous waters.

La Caldare.—Austria-Hungary, comitat of Mármaros, near Kősep-Vissó, valley of Vinului.

Alkaline waters. Used only in the environs.

La Camballaz.—Switzerland, Canton Vaud, near Aigle; 4,500 feet above the sea level.

Climatic air station.

Lacanne.—France, Tarn, near Castres.

Thermal sulphate of lime waters.

Special indications: Herpes, rheumatism, and gravel.

Doctor: Dr. Strehalano.

La Cava dei Tireñi.—Italy, near Naples.

Climatic summer station.

Season: June—August.

Lac Noir.—Switzerland, near Fribourg; altitude, 3,360 feet.

Climatic air station, and sulphurous waters; situated among pine woods.

Doctor: Dr. Gruningen.

Near Lac Noir are the climatic stations of *Bulle*, *Bains de Colombettes* and *Montbarry*.

Lacvillers.—France, Department of Doubs, Arrondissement of Pontarlier.

Cold ferruginous waters.

Laemnoli.—Switzerland, Canton St. Gall.

Cold sulphurous springs.

Laer.—Germany, Hanover, near Iburg.

Muriatic waters, 11 grammes of chloride of sodium.

Doctor: Dr. Vahle.

Lago d'Averno.—Italy, near Pienza.

Ferruginous sulphurous waters. They form a lake, which exhales a disagreeable odour.

Special indications: Chronic skin diseases, old sores and ankylosis.

Laguna de la Higuera.—Spain, province of Albacete, near Corral-Rubio.

Earthy alkaline waters.

Special indications: Obstructions, liver and splenic hyperæmia, plethora abdominalis, &c.

Laifour.—France, Department of Ardennes, near Mezières.

Cold ferruginous waters. Exported.

Special indications: Leucorrhœa and vesical catarrhs.

Lake District.—England, Lancashire and Westmoreland.

Comprises several summer stations and holiday resorts, forming centres of excursions, and of boating and fishing on these picturesque lakes.

Season: June—September.

Lake of Constance.—*See* Bregenz, Friedrichshafen, Lindau, Rorschach.

Lalliaz.—Switzerland, Canton of Vaud, near Vevey; 1,760 feet above sea level; a fine Alpine situation.

Sulphate of lime waters.

Special indications: Herpes, dyspepsia, atonic and discrasic sores.

The establishment is very good, and the accommodation comfortable.

Doctors from Vevey and Montreux.

Lama.—Italy, Department of Siena, near Poggibonsi.

Earthy magnesian waters, little used.

La Malou.—France, Hérault. For routes see table.

Thermal and cold polymetallic waters, 75 to 115°. Alkaline, ferruginous, brine and arsenical waters; gaseous and natural steam baths.

Special indications: Rheumatism, neuralgia, affections of the nerve centres and locomotor ataxy.

The climate is warm, and changes of temperature rapid. The establishments are thoroughly well fitted up.

Doctors: Drs. Cros and Donneclien.

Lamotte.—France, Department of Isère; 1,450 feet above the sea level. For routes see table.

Thermal saline springs, 145° F.; 6 grs. of mineralisation, of which 3 grs. are chloride of sodium. Action excitant and tonic.

Special indications: Rheumatism, uterine affections, scrofula and white swelling.

The bathing establishment is in an old castle, with good airy rooms.

Doctor: Dr. Gubian.

Lamscheid.—Germany, Prussia, Lower Rhine, near Coblenz.

Bicarbonate of iron waters, also known under the name of "Leiningen acidulous waters."

Special indications: Debility, anæmia, chlorosis, difficult menstruation.

Landeck.—Germany, Silesia, near Glatz; 1,460 feet above the sea level.

Six alkaline-saline and sulphurous springs, with a varying temperature of 45° to 75° F.

Special indications: Rheumatism, affections of the larynx, nervous affections and female complaints.

A well-appointed establishment.

Doctors: Drs. Joseph and Bunnemann.

Hotels: Bismarck, Carlshof, Schlössel.

Landetta.—Spain, in the vicinity of Cuenca.

Bicarbonate of lime waters, 45° F.

Landskron.—Germany, Rhenish Prussia, district of Ahrweiler, near Neuenahr.

Alkaline magnesian waters.

No establishment.

Langaza (or Jenidje).—Turkey, Macedonia, near Thessalonika.

Sulphurous thermal waters, much used in antiquity, but now neglected.

No establishments and no accommodation. Especially efficacious in arthritic complaints.

Langenau.—Germany, Upper Silesia.

Earthy alkaline ferruginous waters, climatic air station.

Doctors: Drs. Fitzner and Luczni.

Langenberg.—Germany, Principality of Reuss, Schleitz, near Gera.

Hydropathic establishment. Very mild and healthy air.

Doctor: Dr. Borner.

Langenbruck.—Switzerland, Canton Bâle; altitude 2,800 feet.

Climatic air station.

Doctor: Dr. Bider.

Langenbrücken.—Germany, Baden, between Bruchsal and Heidelberg; 440 feet above sea level.

Saline sulphurous waters, 35° F.

Special indications: Catarrhal affections of the respiratory organs and of the bladder, rheumatism, gout.

Doctor: Dr. Ziegelmeyer.

Hotel: Kurhaus.

Langensalza.—Germany, Thuringia, province of Saxony.

Cold sulphate of lime bituminous waters.

The establishment is excellent.

Doctor: Dr. Aschenbach.

Hotel: Kurhaus.

Langenschwalbach.—*See* SCHWALBACH.

Langrune.—France, Department of Calvados, near Caen.

Sea baths; very quiet. The sea water here is highly charged with iodine.

Season: May—September.

Lanjaron.—Spain, Alpajurras, province of Granada; 3,300 feet above the sea level.

Alkali-saline waters, superior to those of Vichy; climate mild and bracing—45° to 80° F.; also a ferruginous effervescent spring.

Season: June—September.

Special indications: Gravel, disease of the kidneys and bladder, gout, rheumatism, obesity, feeble digestion, chlorosis and anæmia.

The establishment is antiquated and the accommodation not of the best.

Doctor: Dr. Valenzuela.

Lannaskede.—Sweden, 40 miles from Wexio.

Ferruginous water of medium strength.

Good baths and cheap living. The surroundings are picturesque.

Doctor: Dr. Sundell.

La Poretta.—Italy, Bologna, between Bologna and Pistoja.

Salt waters 95° F., with aperient action; rich in carburated hydrogen. Fine marble baths.

Special indications : Skin diseases, rheumatism, &c.

Doctor : Dr. Castelli.

Hotels : Locanda Nuova, Italia, Pallazzino.

Laredo.—Spain, province of Santander, 30 miles from this town.

Sea baths, immense beach of very fine sand.

The intercourse between visitors is free, and great liberty prevails. A great many amusements.

Largs.—Scotland, Ayrshire, near Glasgow, railway station of Wemyss Bay.

Sea baths, gravelly beach, climate mild and steady.

A good bathing establishment.

Season : June—September.

Doctors : Drs Caskie, Boyd, Miller and Moyes.

Larivière sous Aigremont.—France, Department of Haute Marne, near Bourbonne-les-Bains.

Cold effervescent ferruginous waters.

Laroche-Posay.—France, Department of Vienne.

Sulphuro-ferruginous springs.

La Salute.—Italy, near the Lago Maggiore.

An intermediate station, which deserves to be better known.

Lasserre.—France, Lot and Garonne, near Fransecas.

Cold effervescent earthy waters, slightly laxative.

Auxiliary to the waters of Luchon.

Laubbach.—Germany, Rhenish Prussia, half-hour from Coblenz by tramway. For routes see table.

Indifferent waters. Hydropathic establishment and summer station of first importance. All natural physical cures are applied here, either by hydropathy or by separate combinations. Air pure and bracing.

Season : May—October.

Special indications : Morbus Brightii as a speciality, affections of the respiratory organs and of the nervous system, constitutional diseases and circulatory disorders, anchylosis, contractions and articular swellings.

Laubbach affords to patients the opportunity of a very quiet and retired life, and the surroundings offer to convalescents and others in need of it mental recreation of every kind.

The environs of Bad-Laubbach are very lovely, and excursions are numerous. The immediate circuit of the Kurhaus is laid out in gardens, and the accommodation is abundant, comfortable and moderate. The banks of the Rhine, from the

town of Coblenz to this establishment are laid out in gardens, in which concerts are given every day in summer.

Doctors: Dr. Grosch.

Hotels: The establishment, which contains above 100 rooms, thoroughly comfortable, entirely refurnished, and greatly improved; drainage perfect. Address the Director.

Lauchstädt.—Germany, Prussian Province of Saxony, near Halle and Merseburg.

Earthy saline ferruginous waters.

Special indications: Neuroses, rachitis, chorea, debility, anæmia, disorders of the urinary organs.

A fairly well-appointed establishment.

Doctor: Dr. Bätge.

Laufenberg.—Switzerland, Canton Gargau.

Climatic health resort.

Doctors: Drs. Baumann, Bringolf and Eckert.

Laugenberg.—Russia, Caucasus, near Pjatigorsk.

Alkali-saline ferruginous waters.

The site is picturesque. The establishment is primitive, and little has been done to bring these very excellent waters into prominent notice.

Laurenzbad, or St. Laurenzbad.—Switzerland, Canton Soleure.

Cold sulphate of lime waters.

Near here is Barmel, a favourite whey and milk cure place.

Doctor: Dr. Schenker.

Laurion.—Greece, Attica, near Keratia, six hours from Athens.

Thermal saline waters, little used.

Laurvik.—Norway. Four hours by rail from Christiania.

Sulphurous and ferruginous waters.

Special indications: Chronic rheumatism, throat catarrh, scrofula and skin diseases, inflammation of the uterus and ovaries.

There is an excellent bathing establishment situated at the sulphur spring, containing spray, shower and mud baths, inhalation rooms, sea weed and sulphur baths; in addition to these there is a hydropathic department fitted with all modern appliances.

Good accommodation can be obtained at the various houses in the town, lodging-houses and hotels.

Doctors: Drs. Holm and Stephenson.

Lausanne and Ouchy.—Switzerland, Canton Vaud, 61 m. from Berne; an irregular picturesque town; 40,000 inhabitants; 1,600 feet above the sea level.

Climatic station; bracing air and grape cure.

Season : Summer and autumn.

Magnificently situated on the slopes of the Swiss Jura, dominating Lake Lemman, from whose shores it is $1\frac{1}{2}$ mile distant. Air mild and especially suitable to convalescents and weak and anæmic persons. Winter less cold and summer less hot than in other stations in the same latitude. The annual mortality ranges between 21 and 22 per thousand, the average of other European towns being 24 to 30 per 1000. Lausanne, with Geneva, has the lowest mortality of any Swiss town. Spring and rock water of finest quality; the supply amounts to 575 quarts for each person daily.

Numerous educational establishments for children of both sexes. University studies can be followed up at the academy. Conservatory of music.

Very varied, well-shaded promenades and excursions; boating on the lake.

English, Scotch, Presbyterian, Catholic and Wesleyan church.

Post and Telegraph Office : Place du Grand Pont.

House and Estate Agent : Amadée de la Harpe, who gives all information gratis.

Bookseller : Benda.

Doctors : Drs. Henri Secrétan, Dufour, W. Niven, Recordon, de Cérenville, Rouge, Dupont, Challand, Larguier, Rogivue, Eug. Secrétan, de la Harpe, Joël, Heer, Guinand, and Rapin.

Hotels : *Grand Hotel Richemont, Beau Site, Beau Séjour, Gibbon, &c.*

Lausigk.—Germany, Saxony, 3 miles from Grimma.

Sulphate of iron waters.

The establishment is good.

Doctors : Drs. Ose and Schumann.

Lauterberg.—Germany, in the Harz, near Nordhausen.

Mild waters and hydrotherapeutic establishment.

Doctor : Dr. Ritscher.

Hotels : *Kurhaus, Crown.*

Lauterbrunnen.—Switzerland, Canton Berne. Pop. 2,750.

Climatic health resort.

Hotel : *Hotel Trummelbach.*

Lavardens.—France, Department of Gers, near Auch.

Bicarbonate of lime, 45° F.

Lavey.—Switzerland, Canton of Vaud, near Bex.

Thermal mixed sulphurous waters, 125° F., containing chloride of sodium and sulphate of soda, sulphuretted hydrogen and free carbonic acid.

Season : May to September.

Special indications : Rheumatism, herpes, scrofula.

Good climate. Well-appointed establishment.

Doctor: Dr. Suchard.

Leamington.—England, Warwickshire, three hours' rail from London.

Saline, sulphuretted and chalybeate waters.

Special indications: Dyspepsia, hepatic colics, portal or uterine congestions, liver complaints, disorders of the kidneys. These waters are once more coming into great prominence: there is a fine pump room and beautiful gardens. Leamington is a great hunting centre.

Doctors: Drs. Haynes, Frank Smith and Thursfield, and many others.

Hotels: *Regent, Manor House, Clarendon.*

Lebassère.—France, Department Hautes Pyrénées, near Bagnères de Bigorre.

Cold sulphurous soda waters.

Special indications: Pulmonary, laryngeal and bronchial affections.

This spring is now the property of the Company, who hold the Concession of Bagnères de Bigorre.

Doctor: Dr. Lacoste.

Lebetzoba.—Greece, Morea, Laconia.

Sulphurous waters.

Much used in antiquity. For modern requirements the arrangements are rather of a primitive kind.

Leccia.—Italy, Tuscany, near Siena.

Thermal alkaline-magnesian bicarbonate waters, 95° F.

Primitive arrangements and accommodation.

Ledesma.—Spain, three hours from Salamanca; 2,600 feet above sea level. Pop. 1,600.

Thermal sulphurous waters, 120° F.

Special indications: Rheumatism and paralysis, muscular and tendinous retractions, neuralgia, skin diseases, sciatica, necrosis, old wounds, chronic ulcers and sores, asthma, bronchitis, chorea, mercurial intoxications, and syphilis.

Frequented by upwards of 4,000 visitors during the season. Good establishment, dating from the days of the Moors. One of the best in Spain, at moderate prices.

Very good accommodation in the new baths.

There are two large swimming baths and other appliances, which are all up to modern requirements. In this respect the Ledesma establishment may be called the best in Spain. The site is romantic, and the establishments are surrounded by well-kept gardens and a large park. Excursions abound in every direction, and residence is made very agreeable.

Doctor: Dr. Garcia Lopez.

Lee.—England, Devonshire, near Ilfracombe.

Sea baths; sandy beach, chiefly frequented as a summer station. Climate bracing.

Season : June—October.

Leghorn.—Italy, Tuscany, at the mouth of the Calambrone, connected by canal with the Arno.

Sea baths; also a good winter station.

The climate is almost the same as at Pisa, only a little more moist and exhilarating.

The drinking water is excellent, and the houses being all of more or less recent construction, epidemics, such as occur in other Italian towns, are exceedingly rare.

The existing meteorological observations by Schouw are untrustworthy. It is well known that invalids from the north with delicate chests have remained here for years, with very favourable results.

Post : Piazza Carlo Alberto.

Telegraph : Piazza Cavour.

Bankers : Macquay, Hooker & Co.

Chemist : Galligo, via della Madonna.

Doctors : Dr. Schintz, Dr. Taddei.

Hotel : *Grand*.

Légué St. Brieu.—France, Department of Côtes du Nord.

Sea bath, sandy beach, climate mild yet bracing.

Leipzig.—Germany, second city of the kingdom of Saxony; from Paris, *viâ* Forbach, Frankfurt, 27 hours. 134 frs. 1st class.

One of the most busily commercial cities of Europe. Chiefly interesting during the great fairs, of which three are held; one at Michaelmas, one on New Year's Day, and one after Easter. It is the centre of the German book-trade, which has an Exchange of its own. Every work, whether book, brochure, or pamphlet, edited in any part of the globe, can be procured here.

OBJECTS OF INTEREST : Kingshall, the University, Buchhändler Börse, Paulinum with the University Library; Town Hall, Theatre, Museum.

EXCURSIONS : To residence of Baron Speck, Pleissenburg and Battle Field.

CABS : One to four persons from $\frac{1}{2}$ to $1\frac{1}{2}$ marks by time, $1\frac{1}{2}$ to 2 marks by the hour.

Post Office : Augustus Platz.

Dentist : P. G. Kneisel.

Doctors : Drs. Leukardt, Schildbach and Thiersch.

Hotels : *Hauffe, Rome, de Prusse, de Russie, de Bavière*.

Leissigen.—Switzerland, Bern, district of Interlaken.

Cold sulphate of lime springs.

Lemnos.—Greece, Island in the Ægean Sea.

Saline sulphurous thermal waters.

There is only a small grotto, admitting two persons at a time, to bathe in.

Lendershausen.—Germany, Bavaria, near Hofheim.

Effervescent ferruginous waters.

No establishment.

Lenk, La.—Switzerland, near Thun.

Sulphate of lime and ferruginous waters.

Doctor : Dr. Jonquiére.

Lepanto.—Greece, in the Nomarchy of Akarnania-Ætolia.

Sulphurous and bitter waters.

Season : May—August.

Much frequented ; possesses a well-arranged establishment.

Le Plan des Isles.—Switzerland. Aigle station, Canton Vaud, in the Valley des Ormonts. Altitude 3,900 feet.

Climatic health resort.

Hotel : *Hotel et Pension des Diablerets.*

Le Prese.—Switzerland, on the Lake of Poschiavo ; 3,215 feet above the sea level ; 6½ hours by diligence from Samaden.

Indifferent waters ; a climatic station.

Season : 1st June to 30th September.

The waters contain 21·2 per cent. of free carbonic acid, and 0·59 of sulphuretted hydrogen. Their principal mineral constituent is sulphate of lime.

The establishment is efficient, and the accommodation cheap and good.

Doctors : Drs. Machioli and Spurway (Rome in summer).

Lequeitio.—Spain, province of Vizcaya, 42 miles from Zumarraga.

Sea baths ; very fine sandy beach.

Small fortified old town, very interesting. The environs are charming.

Lès.—Spain, province of Lérida, near the French frontier and Luchon.

Sulphate of soda waters, 80° and 45° F. Only frequented by those living in the environs, though there is a tolerably good establishment.

Lesbos.—Island in the Grecian Archipelago, also called Mitylene.

Saline waters, 125° F. ; about half-hour from the town of Lesbos. Sulphurous thermal waters near the port of Lebanus.

The baths are taken by both sexes in common ; much freedom prevails. The establishments leave room for improvement, while the accommodation is far from what it ought to be.

Lesina.—Austria, Dalmatia, an island in the Adriatic, on the coast of Dalmatia.

Winter station. Grape cure, with sea baths in autumn.

Though one of the best of winter stations, the arrangements for properly receiving patients are still wanting.

Les Avarts.—Switzerland, near Montreux; altitude 3,000 feet.

Climatic air station; both summer and winter resort, but most beautiful in the spring.

Hotel: Grand.

Les Planches.—Switzerland, near Lausanne.

Climatic air station.

Les Plans.—Valley of the Rhine.

Climatic air station.

Doctors from Bex.

Les Salins.—France, Department of Puy du Dôme.

Saline waters.

Leszina.—Austria, Croatia, near Carlstadt.

Sulphate of soda water; 5 grs. of mineral principles, of which 2 grs. are sulphate of sodium. Highly charged with carbonic acid gas.

Letantus.—Greece, island of Eubœa.

Saline waters, 130° to 140° F.

No establishment and but little accommodation; in fact, the waters are used only by the inhabitants of the neighbourhood.

Leutstetten.—Germany, Bavaria, district of Starenberg.

Indifferent waters.

Very well-arranged establishments.

The scenery is charming and the climate mild.

Levane.—Italy, Tuscany.

Alkaline ferruginous waters, 35° F.

Special indications: Rachitis, scrofula.

Primitive arrangements, but the waters enjoy a great reputation.

Levico.—Austria, Trentino, near Trent, on the Brenta, valley of the Sugana; 1,600 feet above sea level.

Effervescent ferruginous waters, containing arsenic and copper. Grape cure.

Season: May—October.

Special indications: Anæmia, chlorosis, incipient affections of the spinal cord, nervous diseases, irregular menstruation.

The newly-erected bathing establishment has been fitted up with all modern requirements. The springs rise at Vetriolo. The waters are dull in colour, and are given in very small doses, or hypodermically injected. There are 120 baths. The stay here is very agreeable, and the scenery and vegetation fine.

Excursions very varied. Balls, concerts, and other amusements during the season, which is sometimes prolonged through November.

Doctors : Drs. Pacher and Sartori.

Hotels : *Bath and Cagliariaris.*

Leysin.—Switzerland, near Aigle.

Climatic air station.

Doctor : Dr. Morel.

Lichtenthal.—Germany, Baden, near Baden-Baden.

Cold ferruginous waters.

Two establishments, which are fitted up with all modern requirements and elegance.

Special indications : Debility, scrofula, anæmia, chlorosis, menorrhagia.

Doctors : Drs. Selos and Burger.

Lidja.—Turkey, Anatolia.

Thermal springs, 120° F.; known in ancient Greece as the baths of Agamemnon.

Liebenstein.—Germany, Thuringia, Saxe-Meiningen; 1,000 feet above the sea level.

Cold ferruginous bicarbonate waters: 0.0775 of carbonate of iron. Climatic air station, hydropathic establishment, whey cure.

Very fashionable resort. Air mild and equable, charming and very picturesque situation. One of the most *recherché* resorts of German society. Excursions in endless variety.

Doctors : Drs. Fulles and Hesse.

Hotels : *Müller, Martius.*

Liebenzell.—Germany, Württemberg, near Stuttgart; 1,100 feet above sea level.

Light alkali-saline waters, 60° F. Climatic station.

The establishment is small but elegant.

Doctor : Dr. Schloosberger.

Hotel : *Kurhaus.*

Liebwerda.—Austria, Bohemia, near Görlitz; 1,220 feet above sea level.

Alkali-saline, ferruginous, and effervescent waters. Exported.

Whey cure.

The establishment is thoroughly fitted up, and accommodation comfortable. The weather is at all times rough, squally and very humid. Very changeable, owing to the valley being open to the north and east winds

Doctor : Dr. Plumert.

Hotels : *Kurhaus, Black Eagle.*

Lienzmühl.—Austria, Carinthia, district of Klagenfurt, 1½ hours from Wolfsberg.

Alkaline-magnesian ferruginous waters, highly effervescent.

Lierganes.—Spain, near Santander. Diligence from Boó.

Sulphate of lime springs, 50° F. Steam baths.

Special indications : Skin diseases intestinal derangements, laryngeal and bronchial catarrhs, uterine disorders, vesical catarrhs, rheumatism and scrofula.

The town is situated in a very narrow valley ; vegetation is ever green. The establishment is modern, and the accommodation good. There is a kitchen for the use of those who may wish to prepare their own meals, as indeed is customary in Spanish watering places.

Doctor : Dr. Salazar.

Limmer.—Germany, Hanover, near Hanover.

Cold saline sulphurous waters.

Special indications : Chronic mercurial dyscrasia, paralysis, gout, rheumatism, and skin diseases.

Doctor : Dr. Haase.

Limpach.—Switzerland, near Berne ; 1,200 feet above sea level.

Indifferent water.

Special indications : Neuroses.

The establishment is thoroughly fitted up, and the accommodation reasonable in price.

Limpley Stoke.—England, near Bath.

Hydrotherapy.

Doctor : Dr. Marchand.

Linares.—Spain, province of Segovia, near Riaza.

Bitter waters, similar to Friedrichshall.

Lindau.—Germany, Bavaria, a small island in the Lake of Constance, on the north-eastern shore ; 5,600 inhabitants ; 1,230 feet above sea level. For routes see table.

Climatic station. Very mild and equable air. Milk and whey cure ; baths in the lake. Hechelmann's bathing establishment has Turkish, Russian, sulphurous, pine-cone sap, brine baths, and is otherwise well fitted up.

The island of Lindau is in one of the best sheltered and most healthy positions on the lake. Epidemics have never occurred here. Its situation is picturesque, overlooking the lake and the whole panorama of East Switzerland. Its environs will bear comparison for scenery with the best parts of Switzerland. The town of Lindau is very old, and contains many interesting antiquities. It is connected with the main land by the railway bridge and an old wooden bridge. There are sulphurous waters in Schächenbad, half-hour from Lindau.

The island of Lindau has been much beautified of late years. The quays and walls of the town have been converted into promenades and planted with trees. Parks and gardens at the Landthor, Schützengarten, Reichsplatz, and Seehafen are all

admirably kept. Steamboats ply frequently to the different places of interest on the lake. Concerts, etc., during the season. Good fishing in the lake and the various streams. Reading room at the Harmony Assembly Rooms. Illuminations on the lake. Post and Telegraph office at the station.

Chemists : The Angel. The Deer.

Dentist : Dr. Pfirsch.

Carriages : Mr. Seutter.

Bookseller : C. Ludwig.

Doctors : Drs. Müller, Volk, Mayer, Ott, Kimmerle and Bever.

Hotels : The *Hotel de Bavière*, a first-class house. Spâth, proprietor.

Hotel Crown, Rentemann, Helvetia.

Lindenholzhausen.—Germany, Nassau; 452 feet above sea level.

Magnesian saline-ferruginous waters.

Very little frequented.

Lintzi.—Greece, Peloponnesus.

Thermal sulphurous waters, 90° F.

Special indications : Rheumatism, skin diseases, eezema.

Fairly well frequented.

Lion-sur-Mer.—France, Calvados, near Caen.

Sea baths, sandy beach.

The air is impregnated to a large extent with iodine.

Season : May—October.

The climate is said to be especially benefieial in skin diseases.

Lipari.—Italy, capital of Liparian Islands.

Alkaline waters, 110° F., but more frequented for its natural steam baths. (The *Secca di Bagno*, described by Diodorus Sieulus.)

Special indications : Gout, rheumatism, and chronic skin diseases.

Lipetsk.—Russia, Government of Tambov.

Effervescent ferruginous waters.

The establishment is good, but the place is visited only by the inhabitants of the neighbourhood.

Lipik.—Austria, Slavonia; 500 feet above the sea level.

Bicarbonate, soda, and iodurated water, 150° to 155° F.; iodide of ealcium, 0·029; resolvent action.

Very steady and equable climate.

Special indications : Serofula and syphilis, pericstitis, tophi, psoriasis, cachexia.

The new establishment is thoroughly fitted up and very elegant. The rooms are high and airy, and eovered verandahs

connect them with the baths, thus avoiding any prejudicial influences from the weather.

The gardens are tastefully laid out, and there is plenty of amusement.

Doctors : Drs. Kern and Gregoric.

Lippspringe.—Germany, Westphalia, near Paderbon.

Effervescent ferruginous waters, 50° F. Climatic station.

This station possesses a chamber for inhalation, for catarrhal and phthisical patients.

The town is quiet, and well suited to certain classes of patients.

Doctors : Drs. Frey, Everken and Hinsch.

Hotel : *Kurhaus*.

Lisbetsater.—Norway, province of Thronthjem ; 316 metres (1,037 feet).

Air station.

Sub-alpine forest climate.

Doctor : Dr. Kraft.

Lisbon.—Portugal, capital of.

Thermal sulphurous spring, 70° F.

Sea baths and climatic winter station.

Several very good bathing establishments.

Formerly much frequented by Englishmen as a winter station ; it has been somewhat neglected of late, probably owing to its changeable climate. Its mean winter temperature is 55° F. Mean humidity of the air, 79 per cent. Rainy days in the year, 111, in the winter season, 39·7.

Snow and fogs are unknown.

The drinking water is excellent, and a stay in the town proves very interesting.

Doctor : Dr. Gimlette.

Lisdoonvarna.—Ireland, county Clare, near Limerick.

A much-frequented sulphurous spring ; sea baths.

Season : June—October.

Littlehampton.—England, Sussex, near Worthing and Bognor.

Sea baths, sandy beach, climate dry and mild.

Season : May—September.

Doctors : Drs. Bryan, Duke, Hall, &c.

Little Haven and Broadhaven.—Wales, Pembrokeshire, or St. Bride's Bay.

Sea baths, sandy beach, climate mild yet bracing.

Season : April—October.

Doctor : Dr. Harvey.

Ljungskile.—Sweden, district of Gothenburg, 16 kilometres (10 miles) from Uddevalla.

Sea baths.

Owing to its sheltered position and its wood-clad heights it is a good place for persons suffering with chest complaints, and weak patients.

Llanberis.—Wales.

Climatic health resort. Starting-place for the ascent of Snowdon.

Hotel : Padarn Villa.

Doctors : Drs. Roberts, Owen and Williams.

Llandrindod (Wye).—Wales, Radnorshire.

Ferruginous and saline sulphurous thermal waters. The action is more aperient than diuretic; they are most in favour for cases of congested liver.

Special indications : Rheumatism, skin diseases, and affections of the eyes.

These waters are becoming better known, and are frequently recommended.

Doctors : Drs. Davies, Roberts, Evans and Greenway.

Hotels : Pump House, Rock House.

Llandudno.—Wales, Carnarvonshire.

Sea baths, much visited; sandy beach, climate dry and mild.

Season : July—September.

A very popular bathing-place; there is a large hydropathic establishment here. Amusements are plentiful in the season—good pier (with two concerts daily), drives to Orme's Head, Conway, &c.; also steamboat excursions.

Doctors : Drs. Nicol, Craig, Dalton, Davis, Williams and Woodhouse.

Hotels : Royal, Imperial, St. George, Marine, &c.

Llandwrtyd.—Wales, Breconshire.

Strongly sulphurous and ferruginous waters.

Special indications : Scrofula, scurvy, skin diseases, ulcers, and nephritic affections.

Doctor : Dr. Tombs.

Llanes.—Spain, province of Oviedo, 50 miles from Torrelavega.

Sea baths; two very fine sandy beaches, one for men and the other for women.

Living here is extremely cheap and quiet. Some 500 visitors during the season.

Llanfairfechan (Conway).—Wales, Carnarvonshire.

Sea baths, sandy beach.

Season : July—September.

Doctors : Drs. Ellis, Fagg, Hughes, Lloyd and Scott.

Hotel : Queen's.

Llangollen.—North Wales.

Climatic health resort, surrounded by beautiful scenery.

Doctors: Drs. Jones, Hughes, Drinkwater and Eames.

Hotels: *Royal, Hand.*

Llangranog.—Wales, Cardiganshire.

Sea baths. Summer and holiday resort. Climate healthy and cool.

Llanstephan and Ferryside.—Wales, Carmarthenshire.

Sea baths. Extensive sandy beach. Climate mild.

Season: May—October.

Llo.—France, Department of Pyrénées Orientales.

Sulphate of sodium, 70° F.

Enjoys a very high reputation in the surrounding country.

Lobenstein.—Germany, Thuringia, Principality of Reuss, 1,600 feet above sea level.

Chalybeate waters, 82° to 90° F. Summer station.

Special indications: Anæmia, chlorosis, ankylosis, rheumatism, gout.

Doctor: Dr. Aschenbach.

Hotels: *Kurhaus, Bavière.*

Locarno.—Switzerland, on the Lago Maggiore.

Terminus of the Gothard Railway and Lake steamers.

A climatic station for the winter, spring and autumn. Whey and Grape cure.

This place is celebrated for the beauty of its situation and its luxuriant vegetation. The fact that aloes, camellias, palms of all kinds, oranges and lemons, &c., flourish in the open air is a sufficient proof of the mildness of the winter and of its suitability as a health resort. There is very little wind, frost or snow, and Locarno is remarkable for the number of its sunshiny days.

Dr. A. Martin, Professor at the University of Munich, and Physician to the Bavarian Court, declares Locarno to be—on account of its excellent climate and its hygienic advantages—“the finest winter station in Europe.”

Hotel: The *Grand Hôtel* is a most luxurious and comfortable home. It stands in the midst of beautiful terraced gardens, about 70 feet above the railway station, and the landing-place of the steamers. Its position is wonderfully sheltered by the great chain of the Alps and commands charming views of mountain and lake. The hotel has 200 bed and drawing rooms, and is in every way fitted for a winter stay. There is an English church service in the hotel all the year, and a resident physician, Dr. von Salis. (*See advt. at end.*)

Near Locarno is the climatic air station of *Bignasco* (Dr. Ramonetti).

Lochbachbad.—Switzerland, Canton Berne; 1,810 feet above sea level.

Alkali-saline ferruginous waters.

The establishment is thoroughly well fitted up, and the accommodation abundant and reasonable.

Lodosa.—Spain, province of Navarre, near Estella.

Cold ferruginous waters.

Loeches.—Spain, province of Madrid, near Alcala.

Cold sulphurous water.

Special indications: Scrofula, skin diseases, hyperæmia of liver and spleen, plethora abdominalis, leucorrhœa, chronic syphilis.

The establishment is of recent date, and situated in a large garden. The accommodation is moderate and prices low.

Doctor: Dr. Lucientes y Pueyo.

Loka.—Sweden, near Philipstad.

Mild ferruginous water.

The establishment is large and surrounded by a beautiful park. The scenery in the neighbourhood is very picturesque.

Loka is famous on account of its excellent mud baths, known for 200 years past. The mud bath, as applied here, consists of massage with cold mud, followed by a powerful douche. From this place the system has spread all over the country, and as regards efficacy against rheumatic affections, the Swedish mud bath is superior to any mud bath as applied on the Continent, where the patient descends, and is covered with a more or less warm mud substance.

Doctor: Dr. E. Jacobson.

Longbranch.—United States, New Jersey.

Sea baths on the Atlantic; very fashionable; much frequented.

Season: June—September.

Lons-le-Saulnier.—France, Department of Jura.

Cold saline water.

Special indications: Rheumatism, skin diseases, scrofula.

Looe, East.—England, Cornwall, near Liskeard.

Summer health resort; air pure and mild.

Doctors: Drs. Kerswill, Clogg and Thomas.

Loreto.—Italy, Romagna, province of Forli, two hours' carriage from Forli.

Saline waters.

Special indications: Inertia of stomach and intestines, obstructions of liver and spleen.

No bathing establishment.

Los Baños.—Philippines, Island of Luçon.

Sulphurous waters, 200° F.

Very much visited by the inhabitants of Manila.

Loschwitz.—Germany, Saxony, near Dresden.

Climatic air station and holiday resort.

The scenery is very lovely, and it is principally resorted to by Dresdener's.

Doctor : Dr. Reichel.

Lösdorf.—Switzerland, Canton of Aargau; 2,200 feet above sea level; between Olten and Aarau.

Cold sulphate of lime waters, consisting of three springs, with free carbonic acid and sulphuretted hydrogen gas.

Laxative action.

The establishments are very efficient, and the sojourn pleasant.

Doctor : Dr. Cartier.

Louèche-les-Bains.—Switzerland, Canton of Valais; 4,642 feet above the sea level, at the foot of the Gemmi; 20 miles from station of Louèche. For routes see table.

Earthy waters, containing arsenic and iron, 125° F. About 20 springs in all.

Number of visitors : Above 5,000 annually.

Special indications : Scrofula and chronic skin diseases, rheumatism, gout, female complaints and muscular contractions.

The system of treatment is based upon long immersions in the bath. The grape cure is also practised here.

Doctors : Drs. de la Harpe, Brunner, Mengis, Rey, de Werra.

Hotel : Hotel de France.

Loujo.—Spain, at the mouth of the Arosa, province of Pontevedra.

Bitter saline water, 60 to 120° F.

Special indications : Rheumatism, contractions, paralysis, hemiplegia, scrofula, skin diseases and gunshot wounds.

The establishment is situated on an island in the Atlantic, half-an-hour from the shore. Vegetation is abundant and the accommodation cheap. The bathing arrangements are very inadequate.

Doctor : Dr. Avila.

Lovisa.—Russia, Finland, six hours from Helsingfors.

Hydropathic establishment.

The most frequented hydropathic establishment in Finland, with excellent baths. Cheap living.

Doctor : Dr. Ohmann.

Lowestoft.—England, Suffolk, 10 miles from Yarmouth.

Sea baths; firm sandy beach mixed with shingles. Climate bracing.

Season : June—September.

Doctors : Drs. Bell, Berry, Dillon, and many others.

Loxa.—Spain, province of Segovia, near La Granja.

Sulphurous earthy waters.

Special indications: Chronic skin diseases, paralysis, articular complaints, ankylosis and scrofula.

Lu.—Italy, Piedmont, near Alessandria, district of San Salvatore-Monferrato.

Saline, sulphurous, and iodurated waters; mineralisation

3 grammes. Deserves to be better known. Mud baths.

The establishment is primitive.

Luanco.—Spain, province of Oviedo, 11 miles from Beraña.

Sea baths, with fine sands. Also a ferruginous spring.

Some 1,000 visitors during the season, and the sojourn is agreeable.

Lubien.—Austria, Galicia, near Lemberg.

Cold sulphate of lime waters. Inhalation.

Special indications: Rheumatism and herpes, laryngitis.

Modest arrangements.

Lucainena de las Torres.—Spain, province of Almeria, near Sorbas.

Carbonate of lime, 50° F.

Special indications: Herpes, dyspepsia, scrofula, chlorosis, amenorrhœa and dismenorrhœa, vesical catarrh, hyperæmia of liver and leucorrhœa.

The establishment and accommodation are inadequate.

Doctor: Dr. Vecino Villar.

Lucan.—Ireland, county Dublin, on the Liffey.

Alkaline sulphurous waters.

Special indications: Biliousness, scurvy, gout, rheumatism.

Doctors: Drs. Campion Lyon, Stanford and Stoney.

Lucca.—Italy, Tuscany.

Thermal sulphate of lime waters, 70 to 125° F. Ten springs, very abundant.

The baths are about 13 miles from the town, at the foot of the Apennine mountains.

Fine climate, beautiful site, and agreeable sojourn.

Special indications: Herpes, rheumatism and gout.

Doctors: Drs. Gason and Giorgi.

Lucerne.—Switzerland, capital of canton of same name; from Paris by East of France Railway, *viâ* Basle. Population 21,000.

Is charmingly situated on the bank of the Lake of the Four Cantons, and is the terminus of the Gotthard Railway on this side of the Alps. A very old town, with walls; divided into two parts by the Reuss; opposite the Righi Mountains, and at the foot of the Pilatus.

OBJECTS OF INTEREST: Bridges over the Reuss, Water-tower, Cathedral, Town Hall, with a Museum of Antiquities: Arsenal, College or Lyceum, and a Glacier Garden; Staufler's Museum, Organ in Cathedral; Lion Monument, by Thorwaldsen.

EXCURSIONS on the lake to the Rigi, Stanstadt, Bürgenstock, Engelberg, Sceligberg, Mount Pilatus, Beggenried, Brunnen, Schöneegg, and many others. To the Bernese Oberland, *via* the Brünig Pass to Brienz, Meyringen, Grindelwald, and Interlaken.

CABS: Half hour, one or two persons, 80 c.; three or four persons, 1 fr. 20 c.; by hour, 2 or 3 frs.

Post and Telegraph Office: Near Schweizerhof.

Bookseller: A. Gebhardt.

Doctors: Drs. Stöcker, A. Hassall, Nager and Steiger.

Hotels: *National, Schweizerhof, du Lac, d'Angleterre, &c.*

Luchon (Bagnères de).—France, Department of Haute Garonne, near the Spanish frontier. 1,990 feet above sea level. For routes see table.

There are more than 50 different springs, rich in hydrosulphuric acid; also ferruginous waters and one alkaline spring; sodio sulphuretted.

Season: June—September.

Special indications: Rheumatism, scrofula, affections of the bronchi, skin diseases, and chronic sores.

Luchon is one of the most frequented of bathing stations, and affords every comfort and luxury.

Doctors: Drs. Garrigou, Verdalle, Estradère, Fontan, Serrand, Ferras, Le Juge, de Sagrais and Valdès.

Hotels: *The Hôtel d'Angleterre, Grand Hôtel du Casino, Bonne Maison, France, Londres, Parc, &c.*

Lucska.—Hungary, comitat of Liptau, near Rosenberg; 1,900 feet above sea level.

Ferruginous waters, 80° F. Climatic station.

Season: June—September.

The site is most picturesque, and the surrounding vegetation consists chiefly of pine forests. The establishments are fitted with all modern requirements, but more should be done for the accommodation, seeing the waters attract so many visitors.

The springs yield very abundantly.

Luc-sur-Mer.—France, Department of Calvados.

Sea baths; sandy beach.

Ludwigsbrunnen.—Germany, Hessen, near Schwalheim.

Table water, similar to seltzer.

Special indications: Gravel, biliary calculus and urinary disorders.

Lugano.—Switzerland, Canton of Tessin, on the Lake of Lugano; altitude, 1,000 feet.

Intermediate station, with fine climate, beautiful situation on the lake. Grape cure.

Season : Spring and autumn.

Mean humidity of air in winter, 72°; 48 to 50 rainy days, 31 windy days. Snow frequent.

Near Lugano is *Soragno*, in the Cassaraté Valley, at the foot of Mount Boglia, and *Bovio* with a ferruginous spring. Both health resorts.

Doctors : Drs. Cornils and Zbinden.

Lugo.—Spain, province of Lugo, on the right bank of the Miño; 1,930 feet above the sea level.

Sulphurous saline waters, 80° to 105° F.

Special indications : Rheumatism and herpes, scrofula, tendinous contractions.

The spring is about 3 k. south of the town.

The establishment is large, and situated in an extensive park. It is not, however, up to modern requirements. Accommodation is plentiful, and cheap in proportion.

Doctor : Dr. Carretero.

Luhatschowitz.—Austria, Moravia, near Hungarian Brod; 600 feet above sea level.

Alkali-muriatic, iodide and bromine waters. One of the strongest springs known.

Special indications : Affection of the respiratory and digestive organs and urinary disorders.

The establishment is thoroughly fitted up. Parks, gardens and covered walks of great extent give Luhatschowitz the appearance of a station of first importance. The accommodation is excellent, and moderate in price.

Doctors : Drs. Gallus and Kuchler.

Hotel : Kurhaus.

Luh.—Austria-Hungary, comitat of Bereg, near Munkács.

Alkali-saline waters, containing iron.

Special indications : catarrhal affections.

There is no bathing establishment, but the waters are much exported.

Luisenthal.—Germany, Saxe-Coburg, near Ohrdruff; 2,500 feet above the sea level.

Climatic air station, hydropathy and resinous baths.

The accommodation is good and moderate in price.

Doctor : Dr. Wirtgen.

Luisenbad.—Germany, Pomerania, near Polzin.

Chalybeate waters; mud baths.

Special indications : Rheumatism, anchylosis, articular affections.

Doctors : Drs. Deets, Bechert and Lehman.

Hotel : Kurhaus.

Lukhas.—Greece, four hours from Libadia.

Saline waters.

The establishment is in the convent of St. Lukhas, where good accommodation can be had.

Lulworth West.—England, Dorsetshire, near Wool.

Sea baths frequented all the year round.

Climate bracing, in winter warm.

This is a charming and secluded spot. Many pleasant excursions can be made.

Doctor : Dr. Bartlett.

Lundsbrunn.—Sweden, seven miles from Skara.

Ferruginous water.

An excellent ferruginous spring, with good bathing establishment, and charming situation near the picturesque tourists' resort, Kinnekulle. A much-frequented place.

Doctor ; Dr. Södermark.

Lüneburg.—Germany, Hanover, on the left bank of the Ilmenau.

Cold saline waters ; 254 grammes of mineralisation, of which 246 are chloride of sodium.

The brine, being so excessively strong, is mixed with common water for the baths.

Doctors : Drs. Flemming and Hesse.

Luterswyl.—Switzerland, in the Jura region ; altitude 1,950 feet.

Climatic health resort.

Doctor : Dr. Arni.

Lutraki.—Greece, on the isthmus of Corinth.

Sulphurous waters, 150° F. Only used in baths and by the inhabitants of the neighbourhood. The springs are mentioned by Xenophon.

Luxburg.—Switzerland, Canton Thurgau, near Salmsach, on the Lake of Constance ; 1,200 feet above sea level.

Sulphurous alkaline ferruginous waters.

Ample establishments.

Luxeuil.—France, Department of Haute Saône, 1,300 feet above sea level. Twelve miles from Plombières, near the Vosges mountains. Population 5,000. For routes see table.

Saline ferruginous and magnesian waters. Seventeen springs, of from 70° to 125° F. There is a large ladies' bath, and good swimming baths.

These waters act first as excitants, then as sedatives.

Special indications : Neuralgia, rheumatism, paralysis, gastralgia.

Doctors ; Drs. Mossman and Champorillon.

Hotel ; *Hotel des Thermes*.

Luxor.—Upper Egypt, on the right bank of the Nile, amid the ruins of Thebes.

Winter station; warm and very dry climate.

Season: January—March.

Doctor: Dr. Maclean.

Hotel: *Luxor Hotel*, pension £1 per day in season. Thos. Cook & Son, proprietors.

Luyando.—Spain, province of Alava, near Amurrio.

Thermal sulphydric saline and ferruginous waters.

The establishment is very primitive.

Luz.—*See* ST. SAUVEUR, which it adjoins.

Lygourio.—Greece, Argolis, between Nauplia and Epidaurus.

Muriatic bitter thermal waters, much frequented in antiquity, but now entirely abandoned.

Lyme Regis.—England, Dorsetshire, near Bridport.

Sea baths; firm sandy beach.

Season: July—August.

Doctor: Dr. Skinner.

Lymington.—England, Hampshire, near the New Forest. South Western Railway, change at Brockenhurst.

Sea baths; sandy beach. A favourite yachting centre, opposite to Yarmouth in the Isle of Wight.

Doctors: Drs. Chinery, Hill, Cheeseman, Rendell, &c.

Lynmouth (Lynton and).—England, on the west coast, near Ilfracombe; 430 feet above sea level.

Frequented sea baths; sandy beach.

Mild but bracing climate.

Season: July—August.

Doctors: Drs. Berry, Henley, Hubbard and Reid.

Hotels: *Valley of Rocks Hotel*, *Tors Park Hotel*.

Lynton.—*See* LYNMOUTH.

Lyons.—France, at the confluence of the Saône and Rhone; from Paris by P.L.M. Railway, 9 hours. 63 fr. 1st class.

The first industrial city in France, and for silk manufactures, in the world. The best view of the city is obtained from the observatory of Notre Dame.

OBJECTS OF INTEREST: Public squares and Fountains, City Library, Botanical Garden, Cathedral, Church of St. Jean,

Lytham.—England, Lancashire, near Blackpool.

Sea baths; sandy beach; climate very mild. Season all the year.

Doctors: Drs. Fisher, Arminson, Eason, Barlow, Deardon, and Sharpe.

Museum, Hall of Sculpture, Hospital, Commercial School, Exchange at the Palace of Commerce, Law Courts, Theatre, Park de la Tête d'Or.

EXCURSIONS to Mont Ceindre, Roche Cardou, Ile Barbe and Croix Rôusse and many others.

Post-office: Place Bellecour.

Telegraph-office: Place de Lyon, 53.

CABS: 1½ fr. the course, 2 fr. first hour.

Bookseller: V. Cantal, 9, Rue Bourbon.

Lysekil.—Sweden, Gothenburg Government district, four hours from Gothenburg.

Sea baths. One of the chief seaside health resorts of Sweden, with excellent accommodation, and splendid situation at the mouth of the Gullmarf Fjord. Excellent yachting.

Doctors: Drs. Wide-Murray, Llandelius.

Mablethorpe.—England, Lincolnshire, near Sutton.

Sea baths; firm sandy beach.

Season: June—September.

Doctor: Dr. Campbell.

Macerato.—Italy, Tuscany, district of Siena, on the Merse.

Alkaline sulphurous waters, 150° F.

Season: June—September.

Special indications: Gout, rheumatism, paralysis, skin diseases.

The situation is very fine. The establishment has only two piscinæ, and the baths are taken in common. Frequented mostly by the neighbouring inhabitants and by those of the Maremma.

Macolin.—Switzerland, Canton Berne, reached by Funicular Railway from Biel; 3,000 feet above the sea level.

Climatic health resort.

Macviller.—Germany, Alsace-Lorraine.

Cold saline waters; little used.

Mád.—Austria-Hungary, comitat of Zemplin, near Szerencz.

Sulphurous ferruginous and aluminous waters.

A small bathing establishment.

Madagascar.—An island in the Indian Ocean, on the East of Africa.

Two thermal springs, not yet analysed.

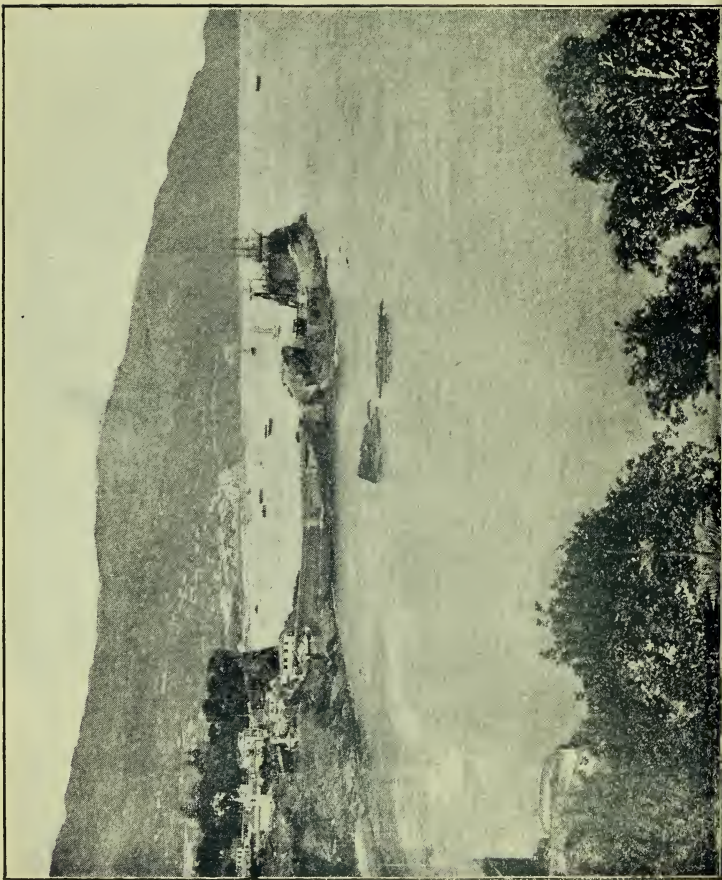
Madonna a Papiano.—Italy, Tuscany, near Caprese, valley of the Teverino.

Alkaline-ferruginous waters.

A small establishment.

Madeira.—Island in the Atlantic near the Moorish coast, a Portuguese possession, north of Teneriffe. By steamer from Southampton in 3½ days, from Lisbon in 48 hours. For routes see table.

Winter station; select and pleasant society.



Owing partly to the sea journey, partly to vague and malicious reports, Madeira is not visited as much as it deserves to be by patients suffering from pulmonary complaints. The climate is delightful, and there is absolutely no winter. Complete absence of dust, an ever-luxuriant vegetation, no bad drainage, a pleasant humidity, and a mild, equable and pure atmosphere, are the principal advantages which Funchal, the capital, offers. These, though not entirely absent in many of the now fashionable winter stations on the Riviera, are in some of them very imperfectly enjoyed. Madeira is included in the postal union, and there are almost daily steamers to Europe from Africa, Brazil, and the Cape. Now that a breakwater and pier have been built, landing is rendered safe and easy in all weathers.

The town of Funchal, except in the quarter close to the sea-shore, resembles a large garden. The view of it obtained from the sea is very beautiful, the town being built in the form of an amphitheatre. It is completely sheltered against north, north-east and north-west winds by mountains which rise to a height of 6,000 feet. During the whole year both northern and tropical fruits ripen. Though the rainfall is comparatively heavy, it very seldom lasts for more than an hour or two, and invalids can consequently take outdoor exercise during some hours every day. The winds and storms, which are of such frequent occurrence on the Riviera during the spring months, and which prevent not only invalids, but even healthy persons, from taking outdoor exercise, are unknown in Madeira. The mountains possess also excellent summer stations in the pine woods.

Mean temperature, 61° F. The mean barometric pressure is 30 inches; the mean humidity of atmosphere 70%. Weather statistics are—170 clear days, with bright sun; 110 with a cloudy sky, and 70 rainy days. The thermometer stands at an average 10° to 15° higher than on the Riviera in winter, and proportionably lower in summer. Death-rate 29 per thousand.

Locomotion in the town and its environs, and on excursions (which are numerous) is effected by means of palankins, hammocks or sledges. drawn by oxen, mules or horses, and excellent saddle horses.

Amusements are amply provided for, and although a stay in Madeira may be called on the whole quiet, patients will find ample recompense in a delightful climate and scenery.

The slight difference (viz. 10° to 12°) between the mean of the coldest and hottest months, shows how equable the climate of Funchal is.

The mosquitoes which annoy on the Riviera as early in the year as April, are entirely absent. Indeed Madeira, especially its southern slopes, might with justice be called "*The Sanatorium for Phthisical patients.*"

English Church Service: Bella Vista.

Bankers: English merchants generally, who hold agencies for the principal European banks.

Chemists : Two good English ones.

Doctors : M. C. Grabham, M.D., F.R.S.P. London, and F. J. Hicks, M.A., M.D. Oxon. (English doctors); also Professors Goldschmit, Larica, and Machado.

Hotels : Mr. Reid owns the principal first-class establishments in varied situations surrounded with gardens, and commanding mountain air, sheltered positions, modern sanitation and splendid sea bathing (*see advt. at end*).

Also Jones, Cardwell, &c.

Madonna dei tre Fiumi.—Italy, Tuscany.

Cold bicarbonate of soda waters.

Special indications : Calculous affections.

Madrid.—Capital of Spain, on the left bank of the Manzanares. From Paris, *viâ* Bordeaux, Irun, and Saragozza, 41½ hours. 184½ fr. 1st class.

Situated on the slope of a sandy plateau surrounded by limestone hills. The climate, owing to the barrenness of the environs, is disagreeable and unsuited to persons with delicate throats and chests. Since the commencement of Don Alfonso's reign, the city has begun to make some progress.

OBJECTS OF INTEREST : The Puerta del Sol, the Alcala Street, the Prado, the Casino, Royal palace, Artillery museum, Topographical museum, Naval and Natural History museums, Royal Picture Gallery, several private ones, National Library, and numerous private libraries, open daily. Several churches of little or no interest. The only one worth visiting is the Atocha, with the Virgin's image. Town Hall, Panaderia, Audiencia, Casa de los Consejos, Congress House, Senado (House of Lords), the different Ministries, Palaces of Duke of Alba, of Villahermosa, Marquis of Casariera, Duke of Medina Celi and Marquis of Salamanca, Buen Retiro, Casino de la Reina, Botanical Gardens, which have been turned into Zoological; Campos Eliseos, Italian Opera, various Theatres, Circus, and arenas for Bull and Cock fights.

EXCURSIONS : Casa de Campo La Manclao; Casino de la Reina; El Prado Alameda, las Carabanchales; and many others of minor importance.

Post-office : Calle de San Ricardo 5.

Telegraph : Ground floor of Home Office.

CABS : One horse, one to two persons, 2 fr. the course; two horses, 4 fr.; by hour, one horse, 4 fr.; and two horses, 6 fr.

Doctors : Drs. Fenn, Hysem, Nuñez, Kispert, Jelly, Carretero and Toca.

Hotels : *Hotels des Princes, de la Paix, de Paris, de Russie.*

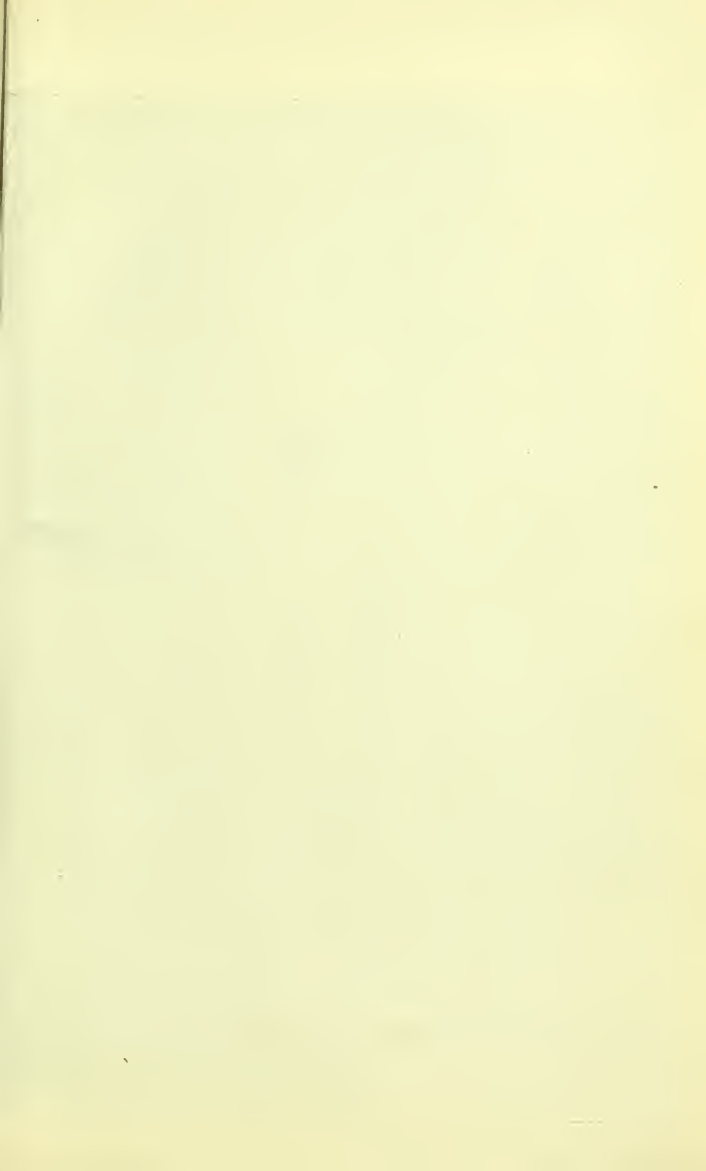
Magnac.—France, Department of Cantal, near Chaudesaigues.

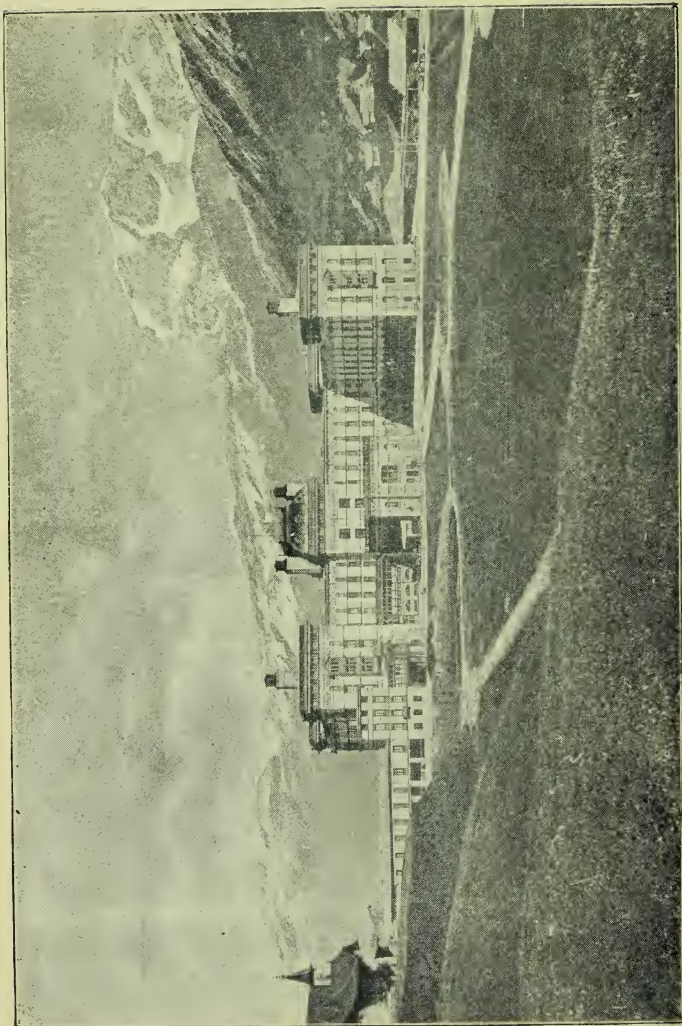
Cold ferruginous bicarbonate waters.

Maiori.—Italy, close to Amalfi.

Winter, autumn and spring station.

Special indications : Phthisis, lung complaints.





THE HOTEL KURSAAL, MALOJA.

Hotel : Hotel Torre, 20 minutes from Amalfi, is situated in the midst of orange groves, overlooking the sea, and will be found exceedingly comfortable, with moderate charges.

Magyar-Szent-Lazlo.—Hungary.
Sulphurous waters.

Mala.—Spain, province of Granada.
Sulphate of magnesia waters, 50° to 55° F.

Malaga.—Spain, on the Mediterranean coast.
Winter station. Fine mild, dry and warm climate.
Mean winter temperature, 55° F.
If more were done to make visitors comfortable, Malaga would soon become a serious competitor to the stations on the Riviera.
Doctor : Dr. Visick.

Malahá.—Spain, province of Granada, near Santafé.
Sulphurous saline waters, 50° to 85° F., containing iron.
Special indications : Skin diseases and rheumatism, dysmenorrhœa, chlorosis, anæmia, hysteria.
The site is charming, the establishment modern and efficient. The gardens are good and accommodation reasonable.
Doctor : Dr. Doiz.

Malahide.—Ireland, county of Dublin.
Sea baths ; good sandy beach.
Doctor : Dr. Stainstreet.

Mallow.—Ireland, county of Cork. Rail from Dublin to Cork.
Thermal springs from 145 to 180° F.
Doctors : Drs. Collins, Creagh, and Fagan.

Malmedy.—Germany, Rhenish Prussia, near the Belgian frontier.
Alkaline-magnesian ferruginous waters.
Although the waters are very strongly chalybeate, they are little used.

Malnas.—Austria-Hungary, district of Haromszék.
Sulphurous waters, 65° F.
Special indications : Articular contractions.

Maloja.—Switzerland, Grisons, 5,688 feet above the sea level; see map at end.
Climatic mountain station; chalybeate effervescent waters, seldom used.

In no part of the Engadine has Nature lavished her charms with the same profuse hand as at Maloja. It may be said to

be "an artist's dream," an *embarras de richesse* of lovely scenery and charming surroundings. It is a haven of peaceful rest for those who wish to retire from the beaten tracks of the tourist to whom conveyance by rail is a *sine quâ non*, from an economical or a convenient point of view. Here the "cheap tripper" is unknown, and the traveller can depend upon meeting visitors of a superior social class. Situated as it is amidst lovely mountain and lake scenery, nearly 6,000 feet above sea level, away from the "busy hum of life," from railways, steamboats, street traffic, bells, street cries and all other peace-disturbing noises, the products of crowded towns and localities, it is no wonder that, during the short summer season it enjoys, it is a place much sought after. It requires no mineral spring to add to its attractions, the pure light fresh mountain air, charged with ozone, blowing off the snow-capped mountains, is a curative agent which can easily compete with any mineral water cure, and many constitutions run down by over-work, anxiety, mental strain and worry, illness, vexation and other causes have been, and will be in time to come, thoroughly restored and recruited by a visit to Maloja. Here may be met, principally from England, the overworked physician; the barrister, who is suffering from his daily visits to his built-in office and the stuffy law court; the university Professor, run down by the monotonous routine of teaching; the actor, exhausted by the late hours and the unhealthy accessories attendant upon the practice of his profession; the stockbroker, revelling in his deliverance from the cramped-in environs of Capel Court; the Member of Parliament, rejoicing in his freedom from Westminster; and the landowner, practically out of the reach of his importunate tenants. To these and others Maloja imparts a new life. Elderly people, who at home confine their exercise to "a drive in the Park," may here be seen, alpenstock in hand, walking miles, where at home they would only walk yards; they have "put back the clock" years and years, and eat, drink, sleep, walk, talk and enjoy life like their juniors. Many visitors are so charmed with Maloja that they come early in the summer, and do not leave until they see the hotel doors closed upon them. Apart from the scenery of this district and the beneficial effects of the mountain air, there is only one point left for us to discuss, and that is the Hotel Kursaal Maloja, which is, in a word, the one centre of life here. This hotel is one of the largest, best appointed and best conducted in Europe, owned by the Caisse des Propriétaires of Brussels (16, Place de Louvain). It is more than an hotel; it might be called, with greater precision, a form of better class club. An English physician resides in the hotel, whose professional qualifications are of the highest class. The building is heated

on cold days. Need we add that the *cuisine* in such an establishment is unique? That the attendance is all that can be desired? That the perfection of internal arrangements, as required and brought about by modern civilization, is in full swing? The popularity of the institution speaks for itself, for does not the presence each year in increasing numbers of those who leave behind luxurious surroundings to make a three months' stay here, tell its own story? The *salle à manger* is a sumptuous apartment, and, like the rest of the house, is lighted with electricity; to see it with three or four hundred guests seated at *table d'hôte* is an interesting sight. The theatre and ball room, with a large stage and gallery, is of comparatively enormous size, and built regardless of cost. There are 300 bed rooms; numerous *salons*; billiards, and every detail, however minute, calculated to please and amuse, is found here. Out of doors are lawn tennis courts, golf links, cricket grounds, boats on the lake rowed by gondoliers, and a variety of outdoor amusements; in fact, in brief, the proprietors of this hotel may safely challenge any similar institution on the Continent to do more than they have done to ensure the patronage of their guests.

A few remarks as to reaching Maloja, owing to its "far away" position, may not be out of place. The nearest railways to Maloja are Davos-Platz, Coire, and Chiavenna. If the traveller wishes to take his time, rest *en route*, and drive through some of the most lovely scenery in the world, the best way is to go to Davos-Platz. After resting here at the Hotel Belvedere, he will drive over the Fluela Pass to St. Moritz Dorf (50 miles), stay at the Kulm Hotel, and afterwards proceed on to Maloja, which is a twelve mile drive—the diligences are under state regulation, and all that can be desired. The route *viâ* Coire is shorter, but Davos and St. Moritz would be missed, and to do the whole journey in one day is fatiguing. Those who are in Italy will come to Maloja *viâ* Chiavenna, and in no part of the world can be seen finer scenery than that driven through between the Italian Frontier and Maloja. As this route is all up-hill, it is very slow, and although all tourists should see this scenery, it is much better to go *from* Maloja into Italy than *vice versâ*. It is advisable for all intending visitors to write to the Art Institut, Oull Füssli, at Zurich, for Mr. W. Altenburg's books on Maloja (Nos. 143-144), which cost a few pence, and give every information, concise maps, routes, views, plan of hotel, excursions, &c., &c.; or to Mr. Walther-Denz, the proprietor of the hotel, who will gladly supply the fullest information.

Observations taken at Maloja during the years 1891 to 1894, from 1st July to 15th September.

	Mean Tempera- ture.	Mean daily range.	Mean Rel. Hm.	Average rainfall.	Average rainy days.	3 years' average daily sunshine
	deg.	deg.	deg.	inches.		hrs. min.
July ...	51·15	17·4	64·8	7·07	19·7	8 49
August ...	50·35	18·4	64·3	6·981	15·0	6 27
September	48·0	17·04	66·6	2·85	6·0	5 0

Post and Telegraph Office in the Kurhaus.

English Church Service.

Doctor : Dr. Foster.

Hotel : The Kurhaus Hotel. J. F. Walther.

Malta.—Island in the Mediterranean, between Sicily and Tunis.

Winter station ; sea baths.

Special indications : Early stage of phthisis, neurasthenia, anæmia and convalescence.

Doctors : Drs. Grech, Mattei and Pisani.

Malvern.—England, Worcestershire, 129 miles from London, three hours by rail ; 5,800 inhabitants ; 502 feet above sea level.

The waters are slightly alkaline and earthy, and range from 40° to 42° F., but Malvern is chiefly celebrated for its brine and saline baths.

Season : May to October.

The number of visitors is above 50,000 annually.

Special indications : Acute and chronic rheumatic gout and rheumatism, and their various sequelæ as a speciality, scrofulous disorders, neuralgia, sciatica, lumbago, &c. ; swellings of the joints, contractions and ankylosis, paralysis, morbus Brightii, bronchial affections and chest complaints, skin diseases, old wounds.

The town of Malvern is beautifully situated on the slopes of the Malvern Hills, which rise to the height of 1,500 feet above the sea level. These hills are traversed by roads and paths easy of ascent. From their summit a succession of the grandest and most picturesque views in the United Kingdom embracing 12 different counties, can be obtained.

The town consists of Great and Little Malvern, which are about 3 miles apart. The picturesqueness of the site and surroundings of Malvern have been celebrated in prose and verse by Byron, Walpole, Southey, Browning and Macaulay.

The Malvern air is dry and bracing, the climate tonic and stimulating, and the temperature equable. The drinking water

is of absolute purity and softness. The sanitary arrangements are based on the best scientific principles. Debilitated constitutions and overworked literary and business men, after a residence here of only a few weeks, often return completely restored to health.

The environs afford an ample field for beautiful excursions, more perhaps than any other portion of the kingdom. A few of the most important may be mentioned here:—The Beacon, Malvern Abbey and Avecote Monastery, Eastnor and Bransil Castles, Ledbury, Westwood Park, Claines, Kenlip, Upton, British Camp, and Cowley Park.

Hydropathic establishment, formerly known as Dr. Rayner's, now kept by Dr. Fergusson.

Doctors: Drs. Dalzell, George and many others.

Hotels: *Foley Arms, Abbey, Westminster Arms.*

Mammern.—Switzerland, Canton Thurgau, near Schaffhausen; 1,250 feet above the sea level.

Climatic air station, hydropathic establishment.

Steam and Turkish baths, whey, milk and grape cure.

Doctor: Dr. Ullmann.

Manilva.—Spain, province Malaga, near Estepona.

Sulphurous waters.

Not analysed and scarcely used.

Mannheim.—Germany, Baden, on the confluence of the Neckar and the Rhine, on the left bank of the latter, from Paris by E. of F. Railway, *viâ* Forbach and Bingen, or by N. of F., *viâ* Cologne-Mayence, 17½ hours. 74 fr. 1st. class. 1½ hours from Dürkheim by carriage, by rail ½ hour. A high class and comfortable steamer now plies between Rotterdam and Mannheim direct, thus avoiding the frequent changes, which are so tiresome to invalids.

A comparatively modern town of great commercial importance. It is built like Philadelphia, in regular squares.

OBJECTS OF INTEREST: The Castle, Picture-gallery, Cabinet of natural history, Collection of engravings and plaster casts, the Theatre, the Schillerplatz with statue, Church of the Jesuits, &c.

CABS: Course, one or two persons, 60 pfgs.; by hour, 1 fr. 20 cts.

Post and Telegraph-office: At the railway station.

Dentist: C. H. Glöckler.

Doctors: Drs. Mermagen (throat), Stephan and Zeroni.

Hotel: The *Hotel Palatin*, a large first-class very comfortable house for families; Freytag & Kramer, proprietors.

Mara.—Africa, Abyssinia.

Bitter waters.

Marat.—France, Department of Puy de Dôme, near Ambert.

Cold gaseous waters.

Marbella.—Spain, province of Granada, near Adra.

Sulphate of lime waters, 60° F.

Marchena.—Spain, province of Sevilla, and near this town.

Sulphurous waters, 50° F.

Special indications: Skin diseases, &c.

There is a small bathing establishment.

Marching.—Germany, Bavaria; 1,160 feet above sea level.

Sulphurous waters.

Little known or used.

Marcols.—France, Department of Ardèche, near Privas.

Bicarbonate of soda and ferruginous waters. For table use only.

Margate.—England, Kent, at the mouth of the Thames.

Sea baths.

Firm sandy beach. Much frequented, and greatly improved as a health resort for those who require a bracing climate.

Season: April—September.

Doctors: Drs. Nicol, Pittock, Price, and about 20 others.

Hotels: Royal York and Cliftonville.

Mariabrunnenbad.—Germany, Bavaria, half-an-hour from Munich, 1,500 feet above sea level.

Effervescent earthy waters.

The bathing establishment is very efficient, and affords at the same time good accommodation.

Maria dell' Aquila.—Italy, Tuscany, valley of the Fiora.

Alkaline magnesian waters, 85° F.

Little used, and no establishments.

Maria in Bagno.—Italy, Tuscany.

Sulphurous waters, 90° F.

The establishment is well arranged, and also affords comfortable accommodation.

Mariahamn.—Russia, Isle of Åland in the Baltic, seven hours from Stockholm.

Sea baths.

Newly-erected establishment, with good arrangements and charming situation.

Much frequented by Swedes.

Doctor: Dr. Tollet.

Marienbad.—Austria, Bohemia; altitude 1,912 feet; population 2,000; number of visitors about 20,000. For routes see table.

Season: May to September.

Ferruginous waters.

Iron mud baths.

Special indications: Chlorosis, poverty of the blood.

Eight cold glauber salts springs similar to those of Carlsbad, and used for diabetes, gout, and obesity, also for organic

diseases, as chronic catarrh of the stomach and intestines, plethora of blood, catarrhic jaundice, gall-stones, piles.

The situation of Marienbad is such that the noonday sun has unlimited access, whilst the west, east and north winds, as well as severe storms, are kept off by the surrounding wooded mountains.

The mud baths are specially used in exudations in the joints (in the) peritoneum and in the perimetritis, as well as in rheumatism of the muscles and diseases of the peripheral nerves; they are the most powerful of all known iron mud baths.

There are covered promenades for exercise, and a good theatre, concert hall and reading room.

English and Scotch churches.

Hotels: Hôtel Imperial, Hôtel Weimar, Englischer Hof, Klinger and Casino.

Marienfels.—Germany, Nassau, near Schwalbach.

Cold saline waters.

Marienlyst.—Denmark, near Helsingør, two hours from Copenhagen.

Sea baths.

More to be looked upon as a charming place for tourists, and a pleasure resort for residents of the Danish capital, than a health resort. Good sandy beach.

No arrangements for hot baths.

Markammer.—Germany, Bavaria, near Neustadt.

Grape cure station.

Season: September—October.

Good accommodation.

Marlioz.—France, Savoy, close to Aix-les-Bains; 800 feet above sea level.

Sulpho-sodic and bromo-iodurated waters, 30° F.

Bathing, drinking, and inhalation.

Special indications: Skin diseases, struma, and affections of the larynx.

Marmolejo.—Spain, province of Jaen.

Bicarbonate of magnesia and ferruginous waters, 50° F.

The situation is fine, but little has been done to attract visitors. Primitive arrangements.

Doctor: Dr. Oton.

Marsala.—Italy, Sicily.

Sea baths and saline spring.

Marstrand.—Sweden, two hours from Gothenburg.

Sea baths; the most frequented in Sweden.

Season: June—September.

Marseilles.—France, Department of Bouches du Rhône

Sea baths; sandy and shingly beach. Climate fine.

The bathing establishments are very good, and are fitted up with every luxury, but the town is capable of great sanitary improvement, and invalids are not recommended to remain here long.

Bookseller: P. Perrard, 3, Rue Noailles.

Doctor: Dr. Seaux.

Hotels: The *Terminus Hotel* and *Grand Hôtel de Marseille*.

Martigné-Briand.—France, Department of Maine and Loire, near Saumur.

Cold ferruginous bicarbonate waters.

Martigny.—Switzerland, Canton Valais, 41 m. from Lausanne; 5,000 feet above sea level.

Starting point for the Tête Noir, 4 hours; and Col de Balme, 5 hours; leading to Chamounix, 8 hours; to the Gorges du Durnau, 1 hour; and numberless other excursions; the Grand St. Bernard, 8 hours.

Hotel: The *Hôtel Clerc*.

Martigny -les-Lamarche.—France, Vosges, near Neufchateau, *viâ* Lanques; altitude 1,200 feet.

Alkaline cold sulphate of lime waters.

These waters are noted for containing a large amount of lithium. There are three springs, good bathing establishment, theatre and casino. The surrounding country is exceedingly picturesque.

Special indications: Gout, gravel and bladder diseases, prostatic enlargements.

Doctors: Huguat and Lafosse.

Hotels: *Chalet Chateau*, *Grand Hôtel de l'Etablissement*, *Alsace*.

The hotels are very reasonable.

Martinique.—An island in the West Indies, one of the Caribbees.

Several thermal bicarbonate of iron springs. Generally used in cases of rheumatism and old wounds.

Martos.—Spain, province of Jaen, near Granada.

Sulphurous waters, 45° F.

Special indications: Inveterate skin diseases, leprosy and elephantiasis, leucorrhœa, herpes and scrofula.

The establishment is very old-fashioned, but the waters are very efficient, and consequently there is a large concourse of visitors. Accommodation is plentiful and cheap.

Doctor: Dr. Cerdó y Oliver.

Martres de Veyr (Les).—France, Department of Puy de Dôme.

Bicarbonate of soda ferruginous water, 50° to 85° F. Mildly purgative.

Masino.—Italy, Lombardy, six hours from Chiavenna; 3,270 feet above sea level.

Saline waters, 100° F.

Special indications: Nervous affections.

The establishment is very antiquated, and the visitors have considerably decreased in number of late years.

Massa.—Italy, near the Bay of Genoa.

Sea baths; sandy beach.

Only frequented by the inhabitants of Genoa and its environs.

Mastinecz.—Hungary.

Ferruginous bicarbonate waters, 30° F.

Not used.

Matlock Bath.—England, Derbyshire. From St. Pancras, by Derby.

Thermal waters, 68° F. Waters charged with carbonic acid and other gases, which exert a powerful stimulant action upon the skin; slightly aperient and alterative when taken internally; contain about 33 grains of salts per gallon, notably magnesium, sulphate, and sodium chloride.

Recommended in chronic gout, rheumatism and rheumatic arthritis, kidney and bladder affections, skin diseases, scrofula, nervous diseases, &c.

Matlock Bath is built partly in a valley, through which flows the river Derwent, and partly upon terraces of tufa, deposited from its warm springs. It is sheltered from the north and east by the heights of Masson and the High Tor. To the south and across the Derwent are the grounds of Willersley Castle. There is a large pavilion, in which a band plays and concerts are given during the summer, and a promenade by the side of the Derwent. The neighbourhood is very beautiful and picturesque.

Amongst the objects of interest are the Via Gellia, Stounis, High Tor, Heights of Abraham, Pavilion Grounds, caverns. Chatsworth, Haddon, and Dovedale are all within driving distance.

Doctors: Drs. Innes and Topham.

Hotels: Tyack's New Bath Hotel, Royal, Bath Terrace, Devonshire, &c.

Baths: Fountain Baths and Assembly Rooms; also at the hotels.

Matlock Bridge, England, Derbyshire. From St. Pancras by Derby.

Situated in an open expanse, overlooking the valley of the Derwent, at a distance of about two miles from Matlock Bath. Here it is that a colony of hydropathic establishments has

sprung up, placed favourably upon Matlock Bank, which rises to a height of 800 feet from the river bed, a complete shelter from the north and east winds being formed by thick belts of forests. Observations made during fifteen years in this spot give the average temperatures for the six summer months at $55^{\circ}08'$ Fah., and during the six winter months at $42^{\circ}03'$ Fah., these observations being made at 8.30 every morning. The mean annual rainfall from 1872 to 1882 was 35.64 inches for the ten years.

The leading establishment is *Smedley's Hydropathic Establishment*. Physicians: William B. Hunter, M.D., W. C. Sharpe, M.B., &c. It is situated on the south-western aspect of a range of hills overlooking the valley of the Derwent, and commands a view of great beauty. The aspect (south-west), the altitude (450 feet above the sea level), and a porous subsoil of sandstone and shale are such as produce a dry and bracing climate. The house is well sheltered from the more rigorous winds by pine-clad hills, beyond which stretch moorland and forest for many miles. There are spacious and well-appointed bath-houses, and the Turkish and Russian baths are exceptionally well ventilated. The public rooms are large and commodious, and, together with the corridors, are carefully heated and ventilated under medical supervision, and lighted throughout by electric light. There is a large billiard-room containing two tables, a smoking-room, covered balconies, where exercise in the open air may be taken in all weathers, bedroom accommodation for over 200 visitors, and an American elevator to all the bedroom flights. Even in the depth of winter the number of visitors rarely falls below 100. For further information, prospectus, &c., apply to the Manager.

Mattigbad.—Austria, Upper Austria, near Moos; 1,200 feet above sea level.

Ferruginous waters, climatic station in summer.

Very sheltered position, mild and pure air.

The establishment is thoroughly well fitted up, and affords ample and comfortable accommodation.

Doctor: Dr. Steininger.

Mauer.—Austria, $\frac{3}{4}$ -hour from Vienna.

Effervescent ferruginous waters.

Special indications: Debility, nervous complaints, hemicrania, rachitis, anæmia, chlorosis, menstrual derangements.

Mayence, or Mainz.—Germany, on the left bank of the Rhine, at the confluence of the river Maine. From Paris by North of France, *via* Cologne, or by East of France Railway, *via* Forbach and Bingerbrück, 17½ hours. 75½ fr. 1st class.

The largest town in the Grand Duchy of Hesse-Darmstadt.

Very strongly protected by the castle opposite. Of great antiquity, having been founded by Drusus, 14 B.C.; was seat of one of the electors.

It is the favourite stopping place for travellers going to any of the neighbouring watering places, as also on the route to Vienna, Switzerland and the Bavarian Highlands, or for those who have just completed the Rhine trip.

OBJECTS OF INTEREST: The Palace, Museum, Library, Town Gardens or Neue-Anlage outside the walls, Schillerplatz and Cemetery, Cathedral, Citadel, Theatre, Tower of Drusus.

EXCURSIONS: To Wiesbaden, Biebrich, Bingerbrück, and various spots on the Rhine.

CABS: $\frac{1}{4}$ hour one horse, 50 pfgs.; $\frac{1}{2}$ hour, 1 mark.

Dentist: Dr. König.

Doctors: Drs. Hellwig, Wittmann, Dörr and Frederichs.

Hotel: The *Hôtel d'Angleterre*—recently refurnished and enlarged, opposite the steamer landing stage. (*See advt. at end.*)

Mayres.—France, Department of Ardèche.

Sulphate of lime, table water.

Mazel (Le).—France, Department of Lozère.

Cold mineral water.

Mecina-Bombaron.—Spain, province of Granada.

Ferruginous bicarbonate waters, 35° F.

Medagues.—France, Puy de Dôme.

Cold bicarbonate of lime waters.

Special indications: Dyspepsia, gravel, chlorosis, and intermittent fevers.

Medevi.—Sweden, Government District of Linköping; 1½ hours from Motala.

Ferruginous water of different strength.

Special indications: Debility, nervous disorders, anæmia, chlorosis.

The establishment is thoroughly well fitted up, and the accommodation is comfortable.

Medevi is the oldest health resort in Sweden, established in 1678. The situation is very picturesque, near the Wette Lake. Mild forest climate. Good baths, and particularly good mud baths.

Doctor: Dr. Alfred Lavertin.

Meggen.—Switzerland, near Mayne; altitude 1,600 feet.

Bathing establishment and swimming school.

Pension Gollheben.

Near here is *Küssnacht*.

Mehadia, also **Herculesbad**.—Austria-Hungary, province of the Danube.

Alkali-saline sulphurous waters, 80° to 130° F. The volume of water is larger than that of any known spring in Europe.

Special indications: Affections of the respiratory organs, skin diseases, syphilis, icterus, dropsy, mercurial dyscrasia.

Most frequented bathing place in Hungary.

Doctors: Drs. Brunn, Popovic, Nemethy and Vina.

Hotel: *Kurhaus*.

Meidling.—Austria, near Vienna, on the route from Vienna to Trieste.

Sulphurous waters.

A well-appointed establishment, with theatre, concert hall, and comfortable accommodation.

Meinberg.—Germany, Lippe-Detmold, near Pymont; 638 feet above sea level.

Mixed sulphurous waters and mud baths.

Special indications: Rheumatic affections, female complaints and scrofula.

Very well-appointed establishment.

Doctor: Dr. Holz.

Hotels: *Red House* and *Kurhaus*.

Meiringen.—Switzerland; six hours from Berne; altitude 700 feet.

Climatic health resort.

Doctors: Drs. Renggli and Schneider.

Hotel: *Reichenbach*.

Melcombe Regis.—England, Dorsetshire, on the South coast, near Weymouth.

Sea baths; firm sandy beach.

The beach is very steep and the surf heavy.

There is a spring slightly sulphurous here; the waters are mixed with warm sea water.

Doctors.—See WEYMOUTH.

Melksham.—England, Wiltshire, near Salisbury.

Saline and ferruginous waters.

Doctors: Drs. Grose, Keir and Rumboll.

Melos.—Greece, one of the Cyclades in the Ægean sea.

Ferruginous waters, 80° F.

Much renowned in antiquity; at present the available accommodation is very primitive.

Melrose.—Scotland, Roxburgh.

The Waverley Hydropathic Establishment.

Hotel: *The Abbey Hotel*.

Meltingen.—Switzerland, canton Soleure.

Cold ferruginous bicarbonate waters. These waters are tonic.

A much-frequented and well-appointed establishment.

Menaggio.—Italy, Lake of Como, near Cadennabbia.

Climatic health resort.

Season : Spring and autumn.

Special indications : Nervous disorders and chest diseases.

In a beautiful situation on the Lake of Como, within view of Bellagio.

English Church services in the season.

Hotels : *Victoria* and *Menaggio*.

Mendaro.—Spain, province of Guipuzcoa, near Vergara.

Chalybeate waters.

Special indications : Anæmia, chlorosis, and kindred complaints.

There is no bathing establishment, but the composition of the waters should render them very efficacious, though at present they are scarcely used.

Mende.—Spain, province of Orense, and near this town.

Alkali-saline waters, 90° F.

There is no establishment and no accommodation.

Mentone.—France, Department of Alpes Maritimes, near the Italian frontier. For routes see table.

Winter station of first importance, and sea baths.

Winter Season : November—June.

Summer, or sea-bathing Season : May—October.

Special indications : All forms of chest diseases, consumption, bronchitis, chronic laryngitis; nearly every form of rheumatism; all cachectic diseases, and general debility; it also suits admirably very young or very old persons.

Mentone lies at the foot of the Maritime Alps, on the strip of shore to which the name of Riviera, or Cornice, has been given, and which extends from Nice to Genoa. It is a small town of 4,000 inhabitants. Latitude, 43° N., longitude, 11° E.

The coast line of mountains here rises to an elevation of 4,000 feet or more, and, receding, forms a sheltered amphitheatre, well protected from the north, north-east, and north-west winds. The scenery is more picturesque than in any other portion of the Riviera. The mingling of mountain and sea, and olive-clad hills, intersected by innumerable charming valleys, is indescribably lovely, and must be seen to be realized. The flora is varied, and spring or summer reigns even in winter. The watershed of the country—the mountain masses—are formed of secondary white limestone. But tertiary sand and gravel enter into the soil and diversify vegetation in a very charming manner.

The climate is milder than in any other portion of the north shore of the Mediterranean, as shewn by the presence of forests of lemon trees which creep up the hillsides to a considerable elevation. Nowhere on the northern Mediterranean shore does the lemon-tree grow with equal luxuriance. It is a tropical tree which cannot bear more than three or four degrees of frost

without perishing. The fruit is destroyed by even one or two degrees. At Mentone, lemon-growing is the chief agricultural industry.

The most trustworthy meteorological data respecting the winter climate of Mentone are those given by Dr. Henry Bennet, in his well-known work: "Winter and Spring on the Shores and Islands of the Mediterranean," 5th edition. They are founded on fifteen years' personal observation; for November his mean temperatures are min. 49.2° , max. 60.1° ; December, min. 44.2° , max. 55.1° ; for January, min. 42.8° , max. 53° ; for February, min. 43.5° , max. 55.7° ; March, min. 45.3° , max. 59.3° ; April, min. 50.8° , max. 66.3° . The mean minimum for the six winter months is thus for fifteen years, 45.9° ; the mean maximum, 58.2 . The combined mean for the six months during fifteen years is 52° F. During this period, observations were daily made of the hygrometric state of the air with wet and dry bulb thermometers, and a mean of 5.1 was obtained. This corresponds to 68 % of dryness—saturation being 100° , with a temperature of about 58° , and implies moderate dryness in the air. In the winter there are no sea or land fogs, although sea fogs are occasionally observed in May and June. The average number of days on which rain falls—little or much—is, according to Mr. Brea, about 81 in the year. The amount of rainfall is about 24 inches. (*Farina*.)

The climatic conditions above described render Mentone an exceptionally valuable winter resort in all diseases and in all conditions of health in which a dry, sunny, mild winter climate is required. There is a peculiar condition connected with the climate of Mentone, which Dr. Henry Bennet was the first to point out. The moisture-laden sea breeze, which is drawn in daily by the sun's heat in cloudless weather, is arrested by the amphitheatre of mountains, which it cannot pass. The colder atmosphere of the elevated regions condenses its moisture, and so forms a haze over the landscape from about 11 a.m. These condensed vapours soften the atmosphere in an exceptional manner, and no doubt explain the fact of so many invalids improving, or even getting well at Mentone, while other regions of the north Mediterranean coast and the Riviera disagree with them. The rapid changes of temperature common to Nice, Cannes and Hyères, are less noticed here, temperature being more equable.

The drainage has improved of late, owing to the united efforts of the medical men and the municipal authorities.
English churches.

Post and Telegraph office, Rue St. Michael.

American Dentist: Mount.

Bookseller: Bertrant, Queyrot & Co.

Bankers: Caisse de Credit de Nice, Avenue Victor Emmanuel.

Provision Merchant: T. Willoughby, Rue St. Michel.

House & Estate Agents: Willoughby & Manera, Avenue Victor Emmanuel.

English Chemist: The British Pharmacy is especially recommended, 17, Avenue Victor Emmanuel.

Doctors: Drs. Henry Bennet (consultant), Sewill, Marriott, Gent, Just, Andral, Fitz-Henry, Rendal, Siordet, Chiaï, Farina and Francken (East Bay Garavan) Summer at Scheveningen.

Hotels: The *Alexandra Hotel*, in the healthiest position of the Carnoles quarter, in the midst of olive and pine-clad hills, has every comfort, and is very homelike. Hydropathy and Winter Garden. An excellent cement Lawn Tennis Court has lately been added (*see advt. at end*).

Hôtel des Îles Britanniques.

Meran.—Austria, Tyrol, near the Italian frontier; 1,050 feet above the sea level, on the Adige. For routes see table. By rail, from London, *viâ* Bâle and Innsbruck, 39 hours; from Vienna 20 hours, and from Berlin 23 hours. Elegant post carriages from Landeck, on the Arlberg Railway.

Climatic winter, autumn and spring station; pneumatic and therapeutic bathing establishments, steam, electric, mineral, balsamic, douche and common baths; electro massage, hydropathic treatment; milk, koumiss, kefir, whey (in spring), and grape and fruit cures in autumn. Compressed air cure and massage. The sanitation is excellent. Population, 3,000.

Season: September 1st to June 15th.

Number of visitors: 9,200 in 1885; now about 10,000.

Special indications: Delicate and rachitic children, persons suspected of consumption, for chronic pulmonary catarrh and chronic pneumonia and pleurisy, emphysema, asthma, peritonitis, caries and fungus joints, fatty heart, nervous diseases, rheumatism, gout, indigestion and obesity.

This climatic station, charmingly situated on the southern side of the Alps, possesses all the advantages and but few of the drawbacks of an alpine climate. The winter months are remarkable for clearness of the sky (55 cloudless days from November to March), absence of wind, and fewer rainy days than in any other health resort, except Cairo. The summer is rather warm, still many families spend it in Obermais, which is beautifully situated on a rising slope on the left bank of the Passer, and covered with handsome villas, old castles and picturesque ruins, vineyards and grand old walnut and chestnut trees.

The scenery is grand; excursions varied and interesting. For the invalids, public gardens, richly provided with wooden benches and beautified and made instructive by the evergreen vegetation, are laid out. The plants and trees are chiefly sub-tropical and carefully labelled. There is a fine orchestra, theatre, reunions, balls, concerts, &c., in the *Curhaus*, with a large reading room; well-furnished libraries; all out of door sports (lawn tennis, shooting, fishing, &c.). Competent teachers

for all modern languages, classics and general instruction; music, painting, gymnastics, riding, &c. Experienced physicians for all specialities.—Detailed prospectuses sent free on application to the Cur-Committee (Curvorstand).

“Hygiea,” a hydropathic establishment, well situated in the prettiest part (Obermaais), offers good accommodation and complete system of baths; the proprietor is Dr. Schreiber.

English Church : Chaplain S. P. G.

Post and Telegraph Office.

Chemist : Hallersche.

Bookseller : Pötzelberger.

Bank and Exchange Office : Hermann Blümel, adjoining the Curhaus.

Doctors : Braitenburg, Bruhl, Fischer, Frank, Messing, &c.

Hotels : The *Hotel Archiduke John*, first-class, with large garden and fine views, close to Curhaus and Promenades. Carriages and horses of the Hotel. Baths. Arrangements for families and prolonged stay. J. Wenter, proprietor.

The *Hotel and Pension Hassfurther*, situated in the most sheltered position on the promenade and river, in its own garden. Splendid view of the mountains; comfortable; with moderate prices and excellent cooking. Omnibus at Station. Hassfurther, proprietor.

Also *Habsburger Hof*, *Tyroler Hof*, *Grand*, &c.

Mercatale.—Italy, Tuscany, valley of the Arno.

Ferruginous sulphurous waters, 45° F.

The establishment is very primitive, though the waters enjoy a great reputation in the neighbourhood.

Merens.—France, Department of Ariège, near Foix.

Sulphate of soda water, 90° to 110° F.

Mergentheim.—Germany, Würtemberg, eight hours from Würzburg.

Bromo-iodurated bitter waters, 30° F.

Slightly purgative.

The establishment is elegant and efficient.

Theatre, assembly and reading-rooms, and fine promenades.

Doctors : Drs. Lindemann and Stutzee.

Hotels : Strauss and Rose.

Merligen.—Switzerland, Canton Berne, on the Lake of Thun. By boat from Interlaken and Thun.

Climatic station, remarkable for its mild climate. The situation of Merligen is one of the most beautiful in this part of Switzerland. The scenery is highly picturesque, and rendered still more attractive by the luxuriance of the vegetation. Numerous excursions can be taken. Merligen, in a word, is a very attractive spot.

The *Hotel Beatus* will be found a good comfortable house, with good kitchen and moderate prices. Ph. Hofmann, proprietor.

Mers.—France, Department of Somme.
Sea baths ; sandy beach.
A small establishment.

Messina.—Italy, Sicily, 45 minutes by steamer from Reggio. Pullman cars are now attached to all express trains from Naples. For routes see table.

A winter station and sea baths.

Much exposed to winds. It is mentioned here only because it is selected occasionally as a winter residence, though it has actually one of the severest climates of any town in Sicily. On the average there are 12 snowy days in winter.

Bookseller : G. Welbatus.

Hotel : *Hotel Victor*.

Messoco.—Switzerland.
Climatic health resort.
Doctors : Daldini and Marca.

Meta.—Italy, between Castellamare and Sorrento.
Climatic station in summer.
Used by inhabitants of Naples as a summer residence. The whole country is one vast garden.

Methana (or **Megabochorio**).—Greece, eparchy of Troezenia, Argolis.
Sulphurous waters, 85° F.
The arrangements are on a system of taking the baths in common.
Accommodation primitive.

Mezières.—France, Department of Ardennes.
Cold saline waters.

Michelstadt.—Germany, Grand Duchy of Hesse, near Erbach, in the Odenwald ; 800 feet above sea level.
Summer station, with hydropathic establishment.
Doctors : Drs. Scharfenberg and Lipps.

Middelkerke.—Belgium, West Flanders, near Ostend.
Sea baths, with fine beach.
Is rising in importance.

Miemo.—Italy, Tuscany, in the Maremma-Volterana.
Alkaline sulphurous waters, 80° F.
Primitive arrangements and accommodation. Almost exclusively used by the surrounding peasantry.

Miers.—France, Department of Lot, near Gourdon.

Cold sulphate of soda waters.

Special indications: Hepatic affections, constipation and hæmorrhoids.

Doctor: Dr. Fraisse.

Miesbach.—Germany, Bavaria, near München and Schliersee; 2,150 feet above the sea level.

Climatic air station; whey cure.

Doctors: Drs. Ott and Frank.

Milan.—Italy, capital of Lombardy. From Paris by P.L.M., through Mont Cenis, 27 hours. 116½ fr. 1st class.

The town is nearly circular in form, and surrounded by walls; erected for the most part by the Spaniards. The space between the walls and canal is laid out in gardens and well planted with trees. Like all old cities, Milan is very irregularly laid out, but is, for all that, one of the most interesting in Europe.

OBJECTS OF INTEREST: The Cathedral, the Amphitheatre, the various Old Gates, the Church of Sant' Ambrosio, the Military hospital, the Gallery of Victor Emmanuel, Palazzo di Corte, Brera, Observatory, Pinacoteca, Ambrosian Library, Museum Theatre della Scala, Theatre Royal, Hospital, Civic museum, Town hall, several private Palaces, Loggia degli Osii, City hall, Mint, Judicial and Government Palaces, Custom-house, Treasury, Public gardens, the Castle, and Royal Palace. **EXCURSIONS:** To Monza, to Certose, to the Lakes, besides many others.

CABS: One horse, by course, 1 lira; by time, first half hour, 1 lira.

Post office: Via Rastrelli, 20.

Telegraph office: Piazza dei Mercanti.

Doctor: Dr. John Hill.

Dentist: C. T. Terry, Doc. Den. Sur., from New York, 5, Piazza Cavour.

Bookseller: Fratelli Dumolard.

Hotel: The Grand Hôtel de Milan, near the Opera House; large, first-class; lift. Post, Telegraph, and Railway Booking Office in the Hotel. J. Spatz, proprietor.

Millport.—Scotland, Buteshire, on the greater Cumbray Island.

Sea baths; sandy beach; air mild; scenery barren.

Doctor: Dr. Kerr.

Milo, Island of.—In the Grecian Archipelago.

Thermal waters, of great repute in antiquity, but now neglected.

Mina Nova.—Portugal, province of Estremadura.

Ferruginous sulphate waters.

Mindelheim.—Germany, Bavaria, Swabia.

Bicarbonate of lime waters.

A bathing establishment, but little known.

Minehead.—England, Somersetshire, near Taunton.

Sea baths; rocky and sandy beach; climate mild.

Seasons: May—October.

Doctors: Drs. Hayes, Ollerhead and Wilson.

Mingolsheim.—Germany, Baden, near Brüchsal.

Cold sulphurous soda water.

Special indications: Rheumatism and skin diseases.

Mirabello.—Italy, Lombardy, near Pavia.

Sulphate of lime springs, 30° F.

Special indications: Scrofula.

Mirandella.—Portugal, province Tras of Montes.

Cold ferruginous waters.

Misdroy.—Germany, Island of Wollin, in the Baltic.

Sea baths on the Baltic.

Firm fine sandy beach. The scenery is hilly and charming.

Establishments good.

Doctors: Drs. Krauer and Wilke.

Mitterbad.—Austria, Tyrol, district of Botzen.

Ferruginous waters, containing sulphuric acid.

Season: June—August.

Special indications: Anæmia, fluor albus, difficult menstruation, chronic diarrhœa.

One of the most frequented bathing-places in the Tyrol.

The scenery is very mountainous and picturesque.

Mitylene.—Island in Archipelago, on coast of Asia Minor.

Sulphate of soda water, 80° to 100° F.

Special indications: Rheumatism and skin disease.

Moching.—Germany, Bavaria, near Munich.

Bicarbonate of lime waters.

The establishment is ample, and provides comfortable accommodation.

Modum.—Norway.

Modum is the leading health resort of Norway; exceedingly picturesque situation; very good, well-equipped bathing establishment; mud baths, being of a description intermediate between the Continental and the Swedish system.

Ferruginous spring of medium richness.

Doctor: Dr. Vetleren.

Mödling.—Austria, 40 minutes from Vienna.

Slightly ferruginous waters; climatic air station.

Doctor: Dr. Polak.

Moffat.—Scotland, Dumfries; altitude, 400 feet.

Sulphurous, saline and ferruginous waters; air bracing.

Hydropathic establishment.

Season: Summer.

Special indications: Skin, liver, renal diseases, and rheumatism.

Doctors: Drs. W. D'Oyly Grange, Monro, and Taylor.

Mogador.—Africa, Morocco.

Winter station. Warm climate.

Moggiona.—Italy, Tuscany, District of Poppi.

Sulphurous waters, 65° F.

Special indications: Gravel and skin diseases, abdominal disorders.

The establishment is inadequate.

Moha.—Hungary, comitat of Stuhlweissenburg.

Bicarbonate of lime ferruginous waters.

Act as a mild purgative.

Moingt.—France, Department of Loire, near Montbrison.

Cold bicarbonate of soda, table waters.

Molar (El, or Fuente del Toro).—Spain, province of Madrid, on the road to Burgos, near Jarama; 2,600 above sea level.

Saline sulphurous waters, 45° F.

Special indications: Skin diseases, laryngitis, bronchitis, asthma, amenorrhœa and chlorosis.

The establishment is tolerably well fitted. Accommodation abundant, but not of the best. There is nothing attractive in this station.

Doctor: Dr. Lopez.

Molgas.—Spain, province of Orense, near Allariz.

Thermal indifferent waters, 65° to 115° F.

Special indications: Sub-acute cutaneous affections, neurosis, chronic and gouty rheumatism.

Molina de Aragon.—Spain, province of Guadalajara.

Sulphate of lime waters.

Molinar de Carranza.—Spain, province of Biscaya, near Tolosa.

Saline springs, 90° F.

Special indications: Scrofula, liver and splenic complaints.

A frequented establishment, not well fitted up, and the accommodation is not scrupulously clean.

Doctor: Dr. Zapater.

Molitg.—France, Department of Pyrénées Orientales, near Prades.

Sulphate of soda waters, 50° to 65° F.

Two small establishments.

Special indications: Rheumatism, bronchitis, and skin diseases.

Molla Il.—Italy, Piedmont. .

Ferruginous bicarbonate waters, 45° F.

Special indications : Chlorosis.

Monaco and Monte Carlo.—Principality of Monaco, between Nice and Mentone. For routes see table.

Winter station. Sea baths.

Although Monte Carlo is one of the most sheltered stations on the Riviera, it is more frequented by pleasure seekers than by real invalids. Strangers coming to the Riviera, only for amusement or to pass the winter, prefer staying here.

Mean winter temperature, 50° F. The barometric pressure, mean humidity of the air, and average rainfall, are almost the same as at Nice. The temperature in the quarter called "La Condamine," is generally from 3° to 5° F. higher; it is also the most sheltered from winds, but it has the drawback of inferior drainage. The weather statistics are 57 fine, 26 clouded, and 17 rainy days per cent.; the above statistics are, however, open to question. Atmospheric disturbances are somewhat frequent, and in 26 per cent. of days there are strong winds; fogs are rare, but the dews are heavy and frequent. On the whole the climate is an exceptionally dry and exciting one. The mistral is as little felt here as at Villefranche, especially in the Condamine district.

The air being very dry, and high winds of frequent occurrence, the entire absence of dust is the more noteworthy and pleasant. The roads, gardens, etc., are excellently kept, and residence here is certainly as agreeable as in any town on the Riviera.

The Casino, with its almost unrivalled orchestra (concerts twice daily) is the chief attraction. The reading-room contains newspapers of every country, and in the handsome theatre, operatic and other representations are given during the season, with the help of the most renowned artists in Europe. The pigeon-shooting arrangements are very complete, and the meetings well attended.

The old town on the promontory, or Monaco proper, is interesting, and the Prince's palace is well worth visiting. The gardens are very fine. The sea bathing establishments are thoroughly good.

Bankers : Smith & Co., British Vice-Consulate.

House and Estate Agent : A. Roustan, Grand Hotel.

Dentist : Mr. H. Ash, Condamine.

Provision and Wine Merchants : Under the Grand Hotel.

Doctors : Drs. Pickering (Monte Carlo), Fagge, Fishbourne, Fitzgerald, Hutchinson, Coulon, Mitchell, Semple and Francken (Monte Carlo). Summer at Scheveningen.

Hotels : The *Metropole*, *Grand*, *Paris*, *Victoria*, *Prince de Galles*, &c.

Moncada-y-reitach.—Spain, province of Barcelona.

Ferruginous sulphatic waters, 45° F.

Special indications : Chlorosis and dyspepsia.

Monchique.—Portugal, province of Algarve.

Thermal sulphurous waters.

Very much frequented station.

Monda.—Spain, province of Malaga.

Cold saline springs.

Waters act as a diuretic.

Mondariz.—Spain, province of Pontevedra, near Puentarénas, on the River Ter.

Effervescent ferruginous waters.

Special indications: Chlorosis, anæmia and kindred complaints.

The situation is most lovely, and very romantic. The establishment is of slight importance, and the accommodation not particularly good.

Doctor: Dr. Crucero.

Mondon.—Spain, province of Orense.

Cold ferruginous bicarbonate waters.

Mondorf.—Grand Duchy of Luxemburg.

Bromo-saline waters, 60° F.

Special indications: Scrofula, chlorosis, and dyspepsia.

A very good hydropathic establishment.

Doctors: Drs. Marshal and Klein.

Hotel: Kurhaus.

Monegrillo.—Spain, province of Saragoza.

Saline waters.

Purgative action.

Monestier de Briançon.—France, Department of Hautes Alpes.

Sulphate of lime waters, 50° to 105° F.

Special indications: Rheumatism, old gun-shot wounds, and skin diseases.

Montbarri.—Switzerland, Canton Fribourg.

Cold sulphate of lime waters.

Special indications: Skin diseases and rheumatism.

Monestier de Clermont.—France, Department of Isère.

Mixed bicarbonate table waters.

Monfalcone.—Austria, on the Bay of Trieste.

Iodo-bromurated saline waters, 100° F.

Sea bathing establishment. The springs rise and fall with the tide.

Special indications: Rheumatism and paralysis.

Monnetier-Mornex.—France, near Geneva, Haute Savoie; altitude 2,600 feet.

Climatic health resort, in a lovely situation; fine mountain scenery.

Doctors from Geneva.

Hotels: Bellevue, Beausite, Savoie, Bauer, &c.

Monsao.—Portugal, province of Minho.

Saline waters, from 80 to 100° F.

Monsummano.—Italy, Tuscany, near Montecatini valley of Nievole.

A grotto, where natural sulphurous vapour baths are taken. They are especially efficient in rheumatism.

Three lakes in the grotto contain sulphurous waters from 80° to 100° F.

Special indications: Gout, herpes, rheumatism, anchylosis, sciatica, syphilis, catarrhal affections, and in all cases where strong action of the skin is indicated.

Montafia.—Italy, Piedmont, near Asti.

Sulphate of lime waters, 30° F.

Employed by the peasants against skin diseases.

Montagnone.—Italy, Venetia, near Abano.

Saline earthy waters, 130° F.; mud baths.

Special indications: Diseases of the bones, old sores, scrofula, gout, rheumatism.

The bathing establishment is well arranged, and affords comfortable accommodation, though small.

The baths were used by the Romans, as is shewn by numerous ruins.

Montalceto.—Italy, Tuscany, Val d'Arbia.

Saline-magnesian ferruginous waters, 65° to 85° F.; mud baths.

A very good establishment, and well-frequented station.

Mont' Amiata.—Italy, Tuscany.

Highly effervescent ferruginous waters, 35° to 65° F.

The arrangements are primitive, and consequently used only by the surrounding inhabitants.

Montanejos.—Spain, province of Castellon de la Plana, near Vivel.

Ferruginous and alkaline effervescent waters, 60° F.

Special indications: Plethora abdominalis, hyperæmia of liver and spleen, vesical catarrh.

Very little frequented, though the establishment is modern.

Doctor: Dr. del Rio.

Montbarry.—Switzerland.

Climatic health resort.

Doctor: Dr. Pegaitaz, from Bulle.

Montbrison.—France, Department of Loire.

Cold alkaline bicarbonate waters.

Special indications: Chronic disorders of the digestive organs, hæmorrhoids.

Montbrun.—France, Department of Drôme.

Sulphate of lime waters, 30° F.

Mud baths.

Montchauson.—France, Department of Canta.

Cold bicarbonate and ferruginous waters.

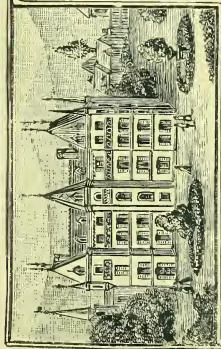
Mont Dore.—France, Puy de Dôme, 1½ hours by carriage from Laqueuille Station, route from Clermont Ferrand to Tulle. 3,421 feet above sea level. 2,000 inhabitants. For routes see table.

The hot springs of Mont Dore are situated in a valley of the Auvergne mountains, 10 miles distant from the station of Laqueuille. The climate is cold, except in June, July, August and September. The best times to come to Mont Dore for treatment are the second fortnight of June and the first fortnight of August. The establishment is opened from 1st of June to end of September. Patients and travellers should bring spring and summer dresses.

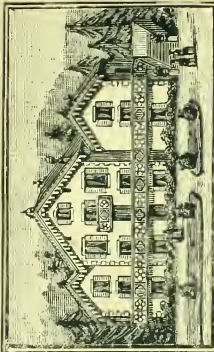
The Thermal establishment is built over the springs, and warmed by them ; their temperature is about 112 degrees ; six of them have received special names. They contain especially soda, potash, iron, arsenic, silica, and a great deal of free and combined carbonic acid.

The treatment at Mont Dore consists in drinking, baths, douches, footbaths, spray and inhalations. These inhalations are the most important part of the treatment : several large rooms are filled with the steam produced by special engines where the vaporised water is mixed with an exceedingly thin spray ; vapours and spray constitute a cloud which fills the rooms, in which patients remain from half-an-hour to an hour and half ; a powerful ventilator renews the air of the rooms and makes it quite harmless. According to the testimony of Baron Thénard, Bertrand, Prof. Lefort, the vapours of Mont Dore contain a great deal of carbonic acid and a little iron and arsenic. In any other thermal station it is impossible to find such rooms as the “ Salles de vapeurs ” of Mont Dore. There are also some special baths built on the springs themselves where patients can obtain hot baths at 105 degrees. The power of the vapours and hot baths is wonderful. Two fine rooms, fitted with all the newest appointments for hydro-pathic treatment of both sexes, have been in use since the year 1890.

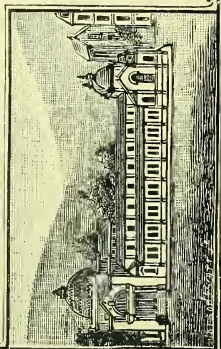
The Mont Dore treatment is good for every disease of the respiratory organs, nose, throat, larynx, bronchii, lungs, pleura. But it is important to know that people of gouty



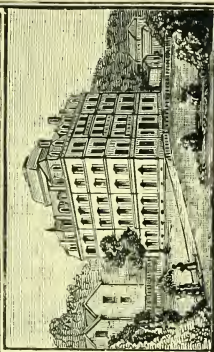
GRAND HOTEL. MONT DORE.



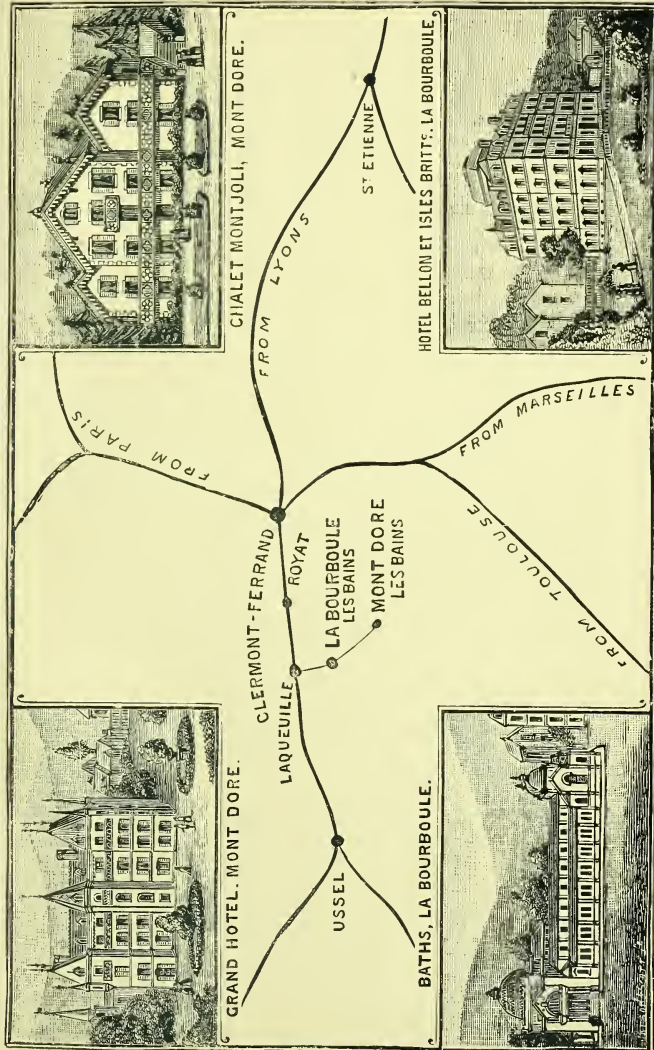
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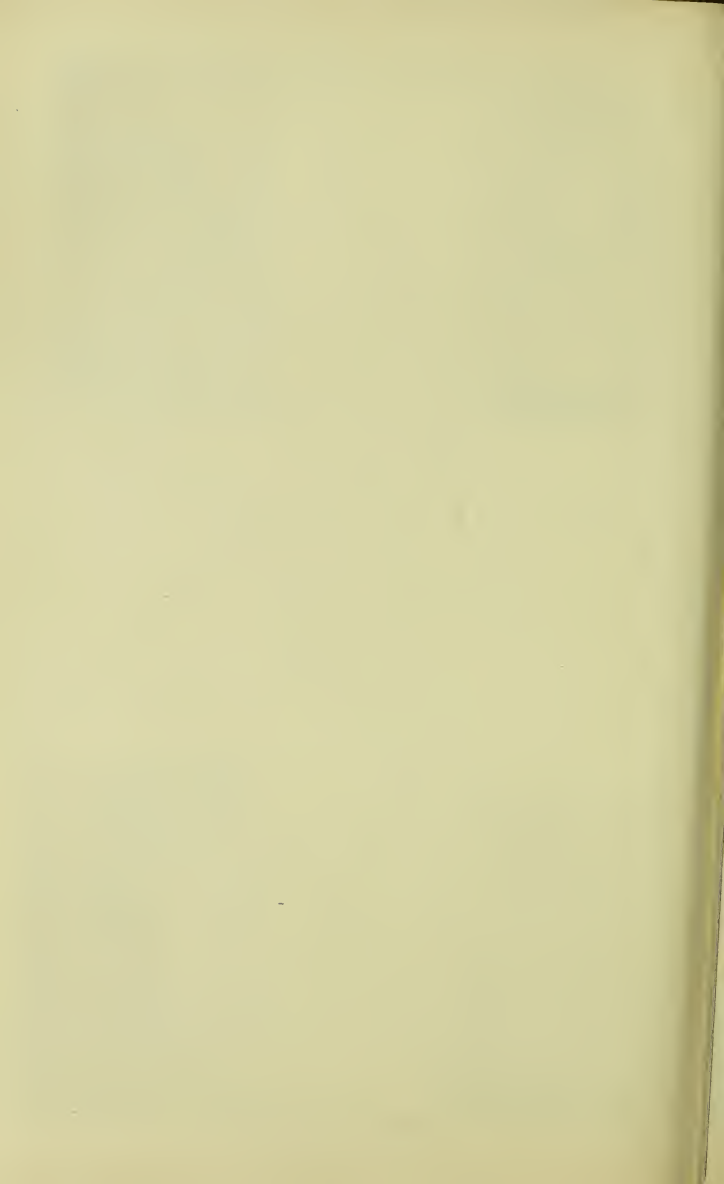


BATHS, LA BOURBOULE.



HOTEL BELLON ET ISLES BRITTS. LA BOURBOULE.





constitution, or of gouty tendency, derive the most benefit. Lymphatic patients above 19 years of age do not seem to be so much benefited. Children are particularly influenced and more easily cured than adults. The diseases most easily cured or alleviated are nervous asthma, catarrhal emphysema, and tubercles of the first and second degrees. When the nervous asthma is not the result of a nasal polypus, we can safely affirm that it is always relieved and often cures after two or three courses at Mont Dore. The emphysema with bronchial catarrh is so much alleviated that the patients can live almost as other people. Consumption itself at the first stage is very often stopped, and even cured, after three courses at Mont Dore; when the disease is more advanced, more courses are required. But patients of gouty or rheumatic constitutions are more easily influenced than others.

All the improvements, which have altogether cost about £120,000, were finished for the season of 1893, and visitors have in consequence experienced greatly increased comfort without augmentation of price. The walks and rides at Mont Dore are splendid, very interesting and picturesque. A casino, with club, reading room and café, and an excellent theatre offer the usual distractions for the evenings.

Bookseller : J. Armet.

Doctors : Cazalis, Emond (both speak English), Léon Chabory, G. Mascarel, A. Mascarel, Percepied, Schlemmer Geay, Tardieu, Nicolas, Moncorgé, Jeannel, Joal, de Brinon and Guérin de Sossiondo.

Hotels : *Hotel de Paris*, *Hotel Chabaury Aîné*, *Etrangers*, *Grand*, *Lyon*, *Nord*, *Paix*, &c.

Monte Carlo.—See MONACO.

Monte-catini.—Italy, Tuscany; altitude 942 feet. Population 6,500. Situated between Lucca and Pistoja, in the Valley of Nievole. For routes see table.

Saline springs, 72° to 82° F.

Special indications : Rheumatic affections, leucorrhœa, blenorrhœa, menstrual disorders, skin diseases, sciatica.

The purgative waters of the La Toretta spring are exported, and used in the treatment of hypertrophy of the liver.

The establishments are very good. Vegetation and scenery charming, and in consequence Monte-catini is much frequented. It is a most important station, and is called the Carlsbad of Italy; its water contains 150 parts of chloride of sodium.

Doctor : Dr. Paolo Casciani.

Hotels : The *Villa Torretta* is now converted into a handsome and comfortably managed hotel, surrounded by lovely gardens, and belongs to the same proprietor as the *Hôtel de la Paix*.

Hôtel de la Paix, well situated in the centre of the town, near the post. Possesses a large shady garden. Mrs. Tempestini, proprietress.

Montefiascone.—Italy, Roma.

Thermal sulphurous springs.

Special indications : Skin diseases.

Monte Generoso.—Switzerland, Canton Ticino, on the St. Gothard Railway.

Climatic air station.

Doctor ; Dr. Pasta.

Montegrotto.—Italy, Venetia, near Padua.

Hot saline muds, 176° F.

Stimulating action.

The establishment is neglected, and the accommodation is very primitive.

Montegut Séglà.—France, Department of Haute Garonne, near Muret.

Ferruginous bicarbonate water, 30° F.

Special indications : Dyspepsia and gastralgia.

Montemayor y Bejar.—Spain, province of Cáceres, near Salamanca ; 2,300 feet above sea level.

Sulphurous waters, 90° F.

The establishment is very good, and affords comfortable accommodation. The air is remarkably pure, and the scenery picturesque.

Notwithstanding the difficulty of reaching the town, it is very much frequented.

Doctor : Dr. Sastre y Dominguez.

Monte-Ortone.—Italy, Venetia, near Padua.

Saline waters, 100° F.

The bathing establishment, with hotel combined, is an ancient monastery, and consequently the rooms are small and low. The other arrangements for comfort are passable. Tolerably well frequented.

Monte-Rotondo.—Italy, Tuscany, on the Cornia.

Earthy ferruginous water, 75° F.

No establishment, and primitive arrangements. The site is picturesque.

Montione di Piombino.—Italy, near Arezzo.

Bicarbonate of lime waters, 85° F.

Special indications : Rheumatism and skin diseases.

Montlignon.—France, Department of Seine and Oise, near Montmorency.

Cold ferruginous bicarbonate waters.

Montlouis.—France, Department of Pyrénées Orientales.

Cold ferruginous waters.

Charming situation.

Montmirail-Vacquairas.—France, Department of Vaucluse near Carpentras and Avignon.

Three springs with a purgative action; one sulphate of lime, and one ferruginous, but the waters are too mild to be very effective.

The bathing establishment is good, and affords fair accommodation.

Doctor : Dr. Millet.

Montner.—France, Department of Pyrénées Orientales.

Ferruginous bicarbonate waters.

Montol.—France, Department of Puy de Dôme.

Cold bicarbonate of lime waters.

Montpellier.—France, Department of Hérault, near the Mediterranean.

Winter station.

Doctors : Drs. Coste and Dunal.

Montpensier.—France, Department of Puy de Dôme, near Riom.

On the route to Gannat two excavations are found, from which carbonic acid gas escapes, as in the "Grotta del Cane," near Naples.

Montreux.—Switzerland, Canton of Vaud, near Vevey and Lausanne; near the Eastern horn of the Lake of Geneva, on its Northern or Swiss shore, and on the main route to the Simplon Pass.

The town, with south-west aspect, is built on two bays, divided by a promontory.

Climatic and intermediate station, whey cure, grape cure, alkaline waters, 80° F. Rainfall during summer about 1,000 Mm., and during the winter about 300 Mm.

Winter season : October to May.

Special indications : Phthisis, heart disease, bronchitis, asthma, convalescence from acute disease, neuralgia.

Situated on Lake Lemman, it has a very charming position; the excursions in its neighbourhood are very interesting and numerous, and the walks of infinite variety. Mountain railways afford means of ascending the neighbouring high peaks.

There is a casino, with reading, billiard rooms, &c.

Among some of the places of interest which are within easy access by rail are Glion, Les Avants, Rochers de Naye, &c., at all of which good hotels have been built.

Institute for trained English-speaking nurses. Address the President, Villa Magnolias.

Post and Telegraph : At station.

English Churches; Two, and a Scotch Presbyterian.

Bookseller : Benda, in Vernex.

Chemist : Schmidt.

American Dentist ; J. F. Paterson.

Doctors : Drs. Carrard, Tucker, Wise, Bertholet and Monnier.

Hotels : *National, Roy, Breuer, Caux, Terminus, &c.*

Montserrat.—West Indies, one of the Leeward Islands.

Several thermal springs.

Monzaio les Mines.—Africa, Algiers, near Medah and Blidah : 1,600 feet above sea level.

Sulphate of sodium waters, 35° to 50° F. Table waters ; digestive action.

Morat.—Switzerland, near Fribourg.

Climatic health resort.

Doctors ; Drs. Englehart, Orz and Stock.

Morba.—Italy, Tuscany.

Bicarbonic ferruginous and sulphate of lime waters, 45° to 105° F.

Special indications : Rheumatism and herpes.

Morcles.—Switzerland, Rhone Valley ; altitude 3,900 feet.

Climatic air station.

Morecambe and Paulton-le-Sands.—England, Lancashire.

Sea baths ; sandy and extensive beach ; two piers.

Climate mild but bracing.

Season : June—September.

Doctors : Drs. Slegg, Guthrie, Oldham, Roberts, &c.

Morgins.—Switzerland, near Monthey and Evian ; 4,344 feet above sea level.

Saline ferruginous waters ; climatic mountain air station ; whey cure.

Season : June—September.

Special indications : Anæmia, chlorosis, female complaints, asthma.

The establishment is good and accommodation abundant.

Mornex.—Switzerland, near Lake Lemman.

Climatic air station.

Mörsil.—Sweden, Jentland. Air station, 1,080 feet.

Winter and summer station.

Much frequented, superior class health resort, with sub-Alpine climate.

Special indications: Chest diseases.

Doctor: Dr. Horney.

Mortagone.—Italy, Tuscany.

Saline springs, 65° F.

Mortefontaine.—France, Department of Oise, near Senlis.

Cold mineral waters analogous to those of Enghien. Not used.

Moselli.—Greece, near Astio.

Indifferent waters, 45° F.

Very charming site. Air pure and mild.

Mösseberg.—Sweden, near Falköping.

Hydropathic establishment.

One of the most frequented establishments of the country, with good accommodation as regards residence, baths and food.

Very charming situation.

Pulmonary diseases separately treated.

Doctor: Dr. Torstenson.

Mousão.—Portugal, province Minto.

Hot saline waters.

Mscheno.—Austria, Bohemia, near Prague.

Cold sulphurous ferruginous waters.

Special indications: Atonic diseases.

Muggendorf.—Germany, Bavaria, near Baireuth; 1,900 feet above the sea level.

Climatic air station and centre for excursions.

The surrounding country is very romantic and the station is much frequented. The dust on the roads, however, makes the place unsuitable for patients suffering from lung and throat affections.

Doctor: Dr. Laurer.

Mühlau.—Austria, Tyrol, near Innsbruck; 2,250 feet above the sea level.

Climatic air station; hydropathic establishment.

Doctor: Dr. Von Schlechter.

Mühlennen.—Switzerland.

Climatic health resort.

Doctor: Dr. Luginbuhl.

Mühlehorn.—Switzerland.

Climatic health resort.

Doctor: Dr. Blumer.

Mula.—Spain, near Murcia.

Ferruginous bicarbonate waters, 95° F.

Reconstituent action.

Special indications: Herpes and rheumatism.

There are two public baths, each admitting 40 persons, also separate baths with accommodation, but moderately comfortable.

Mumbles.—Wales, Glamorgan, near Swansea.

Sea baths.

Mumby.—England, Lincolnshire, near Willoughby.

Sea baths, sandy beach.

Mumpf.—On the Rhine.

Climatic health resort.

Season: May—October.

Doctor: Dr. Baumann.

Münchshofen.—Germany, Bavaria.

Earthy ferruginous waters, 60° F.

Special indications: Liver and spleen obstructions, paralysis.

Doctor: Dr. Rabl.

Munich.—Germany, capital of the kingdom of Bavaria. From Paris by East of France, by Strasburg and Kehl, 36 hours. 151 fr. 1st class.

Munich is, in proportion to its size, one of the finest and most interesting towns in Europe, especially as regards its collection of works of art. The public buildings, gardens, squares and monuments are numerous and handsome.

OBJECTS OF INTEREST: Royal Palace is divided into the Old Residence, Königsbau and Festsaalbau; it is filled with art treasures in every room; Park and Gardens, the Pinacothek, the Glyptothek, the Propylæen and Palace of Fine Arts, old Picture Gallery, Wimmer & Co.'s Fine Arts Collections, Schwanthaler's Museum, National and Anatomical Museum, Art Exhibition, Royal Academy of Science, Royal Foundry, Art Union, Schack Picture Gallery, Hof-brauhaus, Public Library, Government Palace, Town Hall, Gate of Victory, Cathedral, Churches of Michael and St. Bonifacius and St. Lewis.

EXCURSIONS: English garden, Brumthal, Great Prison, Public Cemetery, Nymphenburg, Schleissheim, Lake of Stahrenberg, Possenhofen, Berchtesgaden and Königssee, Hohenschwangau, Chateau de Berg and Rottmannshöhe, Oberammergau.

CABS: One horse, $\frac{1}{2}$ hour 50 pf.; $\frac{1}{2}$ hour, 1 mark; two horses, one to four persons, $\frac{1}{2}$ hour, 1 mark; $\frac{1}{2}$ hour, 2 marks.

Post and Telegraph office: Max Josephsplatz.

Dentist: Dr. Beraz.

Doctors: Drs. Von Feder, Von Gietl and Baulmer.

Hotels: *Quatre Saisons, Bavière, d'Angleterre, &c.*

Münster am Stein.—Germany, Rhenish Prussia, near Kreuznach

Waters similar to those of Kreuznach; very efficacious in children's diseases.

A very quiet spot, but full of picturesque and historic attractions.

Doctors: Drs. Gerlach and Haleker.

Post and Telegraph Office.

English Church at Kreuznach.

Hotel: *Schmuck's Kurhaus Hotel*, with Dependance, Villa Schmuck; very comfortable and well-appointed first-class house; can be well recommended; in direct communication with the Cur-park and close to the salt-works. L. Schmuck, proprietor.

Münsterberg.—Germany, Silesia, circuit of Bresla

Cold bicarbonate of iron and hydrosulphuric waters.

A small establishment.

Murcia.—Spain, capital of the province of Murcia on the Mediterranean.

Winter station of first importance.

Murcia may be called the driest and least rainy place on the whole east coast of Spain. Mean winter temperature. 55° F. Relative dampness of the air, 66·7 %, with only 18 rainy days during winter season. Spaniards call its sky "El reino serenissimo." Snow is altogether unknown, and fogs and mists are never seen. The town, having 90,000 inhabitants, offers all possible resources.

Muri.—Switzerland, Canton Argove.

Alkaline, soda, and magnesia waters.

Doctor: Dr. Nietlisbach.

Muritz.—Germany, Mecklenburg.

Sea baths, sandy beach.

Mürren.—Switzerland, Bernese Oberland, *viâ* Interlaken and Lauterbrunnen, 5,181 feet above the sea level.

Climatic mountain air station, with whey and milk cure; baths and douches.

Season: June—September.

Special indications: Anæmia, chlorosis, failing digestion, phthisis, asthma.

Mürren, as regards the picturesqueness of its scenery, has often been compared to the Righi, the altitude of which is about the same height above the sea level. It is one of the finest centres for excursions in Switzerland, many of its surrounding valleys and mountains being little known to tourists. Its position is very charming, and its climate fresh and bracing. Well sheltered against northern and north-western winds.

Space prevents the enumeration of all the excursions—the local guides must chiefly be depended on.

Post and telegraph office.

English church.

An English doctor is attached to the Grand Hôtel, Mürren.

Hotels: The *Grand Hôtel, des Alpes* and *Kurhaus*.

Mürzzuschlag.—Austria, $4\frac{1}{2}$ hours from Vienna, Styria, near Bruck. 2,400 feet above sea level.

Climatic air station, whey and milk cure and resinous baths.

Doctor: Dr. Krischke.

Muskau.—Germany, Silesia, circuit Liegnitz on the Neisse.

Sulphate of iron waters. Astringent action.

Special indications: Hæmorrhages, hyperæsthesia, female complaints.

Very well appointed. In the neighbourhood are the celebrated gardens and parks of Prince Pückler-Muskau, which are said by connoisseurs to be unique in exquisite arrangements and production of flowers and shrubs, &c. They are open to the public.

Doctors: Drs. Damerow and Korner.

Hotels: *Berlin, Green Tree*.

Mustapha-Supérieur.—Algiers, near the capital.

Winter station, coming much into prominence lately. Especially suitable for pulmonary complaints.

Doctor: Dr. W. Thompson.

Hotels: *Grand Hotel, St. George:* thoroughly comfortable, and to be recommended.

Nädendal.—Russia, Finland, near Åbo.

Mud baths.

Doctor: Dr. Lindholm.

Nahant.—United States of America, near Boston, on a peninsula, Massachusetts.

Sea baths, much frequented.

Nairn.—Scotland, near Inverness.

Very much-frequented sea baths; "the Brighton of the North."

Sandy beach; dry and bracing air.

Doctor: Dr. Cameron.

Nammen.—Germany, Westphalia, near Minden.

Cold sulphate of lime springs.

Special indications: Herpes, rheumatism, gout.

Nanclares de Oca.—Spain, province of Alava, near Añana and Vitoria.

Acidulous waters, 50° F.

Special indications: Affections of the stomach, flatulency, neuralgia, and disorders of the urinary organs.

The establishment and accommodation are good, notwithstanding the place is little frequented.

Doctor: Dr. Almendariz.

Nantes.—France, former capital of Brittany.

Capital of Department of Loire Inférieure, and a very attractive old town. The ancient residence of the Ducs de Bretagne.

OBJECTS OF INTEREST: The Castle, the Cathedral, Church of St. Croix with belfry, St. Nicholas, St. Clement, and Notre Dame, Town Hall, Prefecture, Exchange, Theatre, Library, Palais de Justice, Museum, Hospital, Lyceum.

EXCURSIONS: Guerande, Croisic, Sables d'Olonne and St. Nazaire.

CABS: Two horses, 1½ fr. the drive; one horse, 1 fr.

Telegraph: Rue St. Jules.

Hotels: *De Bretagne, de Paris.*

Naples.—Italy, Bay of Naples. For routes see table.

Winter station, mineral and sea baths.

The climate of Naples is dry and stimulating; the nearer one approaches Vesuvius the more tonic the air becomes.

As a hydromineral station, Naples has a great variety of springs, chief among which are those of Chiatamone, Bagnoli, Ischia, Castellamare, Torre Annunciata, Agnano, Pozzuoli, and Santa-Lucia. The variety of mineral waters and their therapeutic properties have rendered Naples and its environs the most frequented bathing station in Italy.

International Hospital: Villa Bentinck, Corso Vitt. Emanuele.

Bookseller: F. Furchheim, 59, Piazza dei Martiri

Guides and Couriers: Chas. Mancinelli & Emmanuele Benati.

Doctors: Drs. Gairdner, Barringer, Samut, Cantani, Schrön, Malbranc, Schnee, Tomasi and Lavis.

The Anglo-American Pharmacy: J. Durst, 31 & 32, Largo Garofalo (Chiaja).

Hotel : Hôtel Royal des Etrangers, large first-class family house, situated in the best quarter of the town, within five minutes walk of the public gardens and aquarium; good cooking and wines; lift. A. G. Caprani, proprietor.

Nassau.—Germany, Nassau, on the Lahn, $1\frac{1}{2}$ hours from Ems.

Hydropathic establishment. Climatic station in summer. Electric baths, gymnastics.

Doctors : Drs. Poensgen and Tille.

Nauheim.—Germany, Hesse-Nassau, near Frankfort-on-Maine.

Salt baths rich in carbonic acid, 26° R.; also in most mineral constituents, such as iron wine, lithia, &c., &c. For treatment of scrofula, rachitis, acute rheumatism of joints and its results, such as diseases of the heart. Also for nervousness, neuralgia, diseases of the spine, and of women.

Seasons : May to October,

Nauheim may be said to be, without plagiarism, the most important of all the Spas on the Continent. It may appear strange that such an unqualified statement should be made concerning a locality which is comparatively so little known in England, but it is none the less indisputable. Here may be found nearly every useful variety of mineralized water used in the treatment of disease, and Nauheim boasts of being the only Spa which furnishes thermal, saline, and ferruginous water within one area. Years ago the waters were "written down" as simply "saline," but comparatively recent analyses have proved that that term barely touched upon the fringe of efficient description. Medical and chemical researches combined have resulted in demonstrating that these waters possess most marvellous curative properties, and brought about almost a new era in the history of balneo-therapeutics. That the action of mineral waters, either used internally or bathed in, could have any curative effect upon a diseased heart, would have been regarded forty years ago as a paradox, and even to-day there are many medical men of position and intellect who, probably in the absence of personal investigation, would, and do, ridicule the idea of a diseased heart being either cured or relieved by mineral waters. As no work upon bathing places would be in any way complete without it referred somewhat in detail upon a centre so important as Nauheim, we may be pardoned for exceeding our ordinary limits in this instance, especially as we feel assured that by so doing we shall add to the value of this work, by probably bringing under the notice of our readers a place which should be far better known than it now is. Nauheim is 414 feet above sea level, and is in the Taunus Hill district. It can be reached in three-quarters of an hour from Frankfurt. Now,

as in ages past, the manufacture of salt from the waters is carried on, the process commencing by the evaporation of the saline fluid, which is allowed slowly to trickle down over enormous and narrow "ricks" of blackthorn, by the sides of which during the daytime, sitting upon seats provided for the purpose, may be seen dozens of people, reading, writing, sewing, &c., to pass away the time occupied in inhaling the air charged with saline ingredients. This air, full of ozone, is stimulating and exhilarating. There are numerous springs, so many in fact that some seem to have escaped any special nomenclature. The drinking springs are the Kur, Karls, and Ludwigs, and they contain less chloride of sodium than those used for bathing purposes only. The first contains the large amount of two per cent. of free carbonic acid gas, and 18.5 solid component parts in 1,000; it also contains chloride of lithium and magnesium, bicarbonate of lime and iron, and a small amount of arseniate of iron; it is the most valuable of the three; the other two, being considerably weaker, are used in some cases to dilute it, as it is too strong to use generally. When thus diluted a water is formed resembling the Ragoczy of Kissingen. The waters used for bathing purposes contain 36 parts in 1,000 of solid constituents, of which upwards of twenty-nine are made up of chloride of sodium, and two each of chloride of calcium and bicarbonate of lime. Five different kinds of baths are given: 1st, the natural thermal lime and steel baths; 2nd, the simple brine baths, free of carbonic acid gas; 3rd, the effervescent baths, with natural carbonic acid gas; 4th, the current baths; and 5th, the effervescent current baths, the two latter having a still greater excess of carbonic acid gas than the third. There are saloons for inhalation, covered-in graduation houses (the "ricks" before alluded to), electric baths, establishment for the milk and whey cures, an establishment for massage and therapeutic gymnastics, also for the grape cure. A method of treatment called the "Terrainkur" is indulged in in Nauheim, which cure consists of a certain amount of exercise up hills of graduated descent. The diseases for which the Nauheim treatment is prescribed may be classed in their order of importance as follows:—1st, diseases of the heart, of the endocarditic type, the after-result of rheumatism; under this head may be classified residues of previous endocardites and exudations on the valves of the heart; 2nd, chronic diseases of the heart and irregular circulation. At the same time it must not be supposed that this treatment can remove old organic deficiencies, although patients occasionally come to Nauheim imbued with this erroneous idea. The baths increase the power of the heart's contractions, keep off engorgements, and set up an action similar to that of digitalis, but claimed to be more lasting.

The symptoms accompanying venous stasis are diminished. These effects may be produced by stimulation of the cardiac ganglia, by some influence on the vaso-motor nerves, or some action more central, the causation of which still remains undiscovered. The baths certainly act as a wonderful heart tonic. During the bath treatment a mild form of gymnastic exercise is prescribed, and a certain amount of up-hill exercise (Terrainkur). Dr. Schott, who, in connection with his deceased brother, investigated and practically illustrated the part played by the Nauheim waters in curing cardiac disease, has written a short, concise, and clear *brochure* upon the subject, in which the views of the late Professor Beneke, respecting this method of treatment, are ably dealt with and proved to be correct. He refers to the old statement "that heart disease must be regarded as a more or less hopeless ailment" as no longer "holding water," and bases his statements upon the result of nearly five thousand cases. It would be quite outside the limits of this work to make long quotations from Dr. Schott's remarkable pamphlet, but it was published in the *Lancet* after being read at the Annual Meeting of the British Medical Association at Bournemouth in 1891, and the author would, doubtless, have great pleasure in forwarding a copy of it (and of another pamphlet he wrote concerning the Nauheim waters) to any one caring to investigate the subject. Dr. Moeller, of Brussels, has published a clever pamphlet upon the subject, which can be obtained from M. A. Manceaux, 12, Rue des Trois Tetes 12, Brussels; and last, but by no means least, Dr. W. Bode, after twenty-one years' practice at Nauheim, has published an excellent treatise on the treatment. His work can be obtained from J. F. Bergmann, of Wiesbaden. But that the Nauheim waters are only suitable for cases of heart disease, their chemical composition shews to be an error; one has only to read their analyses to see that they must be suitable for gout, catarrh, intestinal congestions, chlorosis and anæmia, rheumatism, nervous debility, liver disease, and other ailments. Of them it may be said "they stand unrivalled."

The town of Nauheim is small. There are a fine and regularly planted avenue of trees, a fine Kurhaus, a splendid band, and one of the prettiest and largest public parks in Germany. The lower end of the town is unfortunately traversed by a slow running brook, which the authorities should cover in at once, as it looks (if it is not) unhealthy. There is a large number of Hotels and *Pensions*: amongst the former may be mentioned the Belle Vue Hotel, kept by Mr. Fischer, who is related to Mr. Schmitt, of the Hotel d'Angleterre at Ems.

In this hotel the English visitor will find all the comforts of a well-managed house, conducted by a manager who personally superintends every detail connected with his business. The Villa Britannia, kept by Mr. Noggerath, is also a most comfortable establishment, with a fine garden in front, and close to the Kurhaus. The House Schuckhardt, kept by Mr. Heinrich, will be found a good family hotel, most conveniently situated. There is a kurtax of 12 marks. The baths are perfect, and most exhaustive in every detail, being under Grand Ducal administration. The amusements consist of concerts, balls, theatre, lawn tennis, croquet, excursions, &c., &c. The hotel accommodation is remarkably cheap, and Nauheim is easily reached from Frankfurt.

Church of England services in summer. Water supply good. Circulating library, with English books.

Doctors : Drs. Schott, Abée, Bode, Groedel, Muller, Gredner, Friedlander, Bruck, Stoll, Hirsch, Beste, Langebartels, Gittermann, Schüster, Schröder and Fankowski.

Naumburg.—Germany, Silesia, near Segan.

Cold ferruginous waters not used.

Doctor : Dr. Bock.

Navajas.—Spain, province of Castellon de la Plana, near Valencia.

Ferruginous bicarbonate waters, 45° F.

Special indications : Abdominal viscerae, amenorrhœa, hæmorrhoids, uterine affections, chronic gastritis, muscular and articular rheumatism, arthritis.

There is no establishment, and the water is only used internally.

Navalpino.—Spain, province of Ciudad Real, near Piedrabuena.

Bicarbonate of iron waters, 70° F. Little used.

Special indications : Neuroses, hysteria, stomachic and intestinal derangements, menstrual difficulties.

The establishment is much neglected.

Doctors : Dr. Nieto.

Nave dell' Inferno.—Italy, Tuscany, on the Arno.

Earthy alkaline waters, 59° F.

Special indications : Gravel, calculus, vesical catarrhs, intestinal derangements, menorrhagia, hysteria.

The establishment is inadequate and the accommodation poor.

Naxos.—Greece, island, one of the largest of the Cyclades.

Saline waters.

Naye.—Switzerland, near Montreux ; altitude 7,000 feet.

Climatic air station in summer.

Hotel : Grand.

Neath.—South Wales, Glamorgan, on the sea coast.

Climatic health resort

Doctors : Drs. Davis, Hughes, Lewis, &c.

Hotel : *The Castle*.

Nebouzat.—France, Department of Puy de Dôme, near Clermont-Ferrand.

Cold acidulous waters.

Nefflach.—France, Department of Pyrénées Orientales, near Perpignan.

Saline waters, 50° F.

Only visited by persons in the neighbourhood.

Nelefina.—Hungary, comitat of Beregh-Ugocz.

Mixed bicarbonate waters.

Pretty good arrangements.

Neenndorf.—Germany, Hessen. For routes see table.

Cold saline sulphurous lime waters.

The bathing establishment is well appointed; inhalations, douches, &c. Mineral and mud baths. Whey cure.

Special indications : Catarrh of the respiratory organs, herpes, chronic sores, disorders of the urinary organs.

The sojourn is agreeable, and amusements are freely provided.

Doctors : Drs. Ewe and Rigler.

Hotels : *Kassel, Hanover*.

Neris.—France, Department of Allier, near Montluçon. Population, 2,000.

Altitude, 800 feet.

Thermal mixed alkaline waters, 110° to 125° F. Six springs, similar to the Teplitz water.

Season : May to October.

There is a good Casino, with band and other amusements.

Special indications : Nervous affections, rheumatic neuralgia, uterine affections.

Doctors : Drs. Rause and de Grandmaison.

Hotels : *Paris, France, Rome, Dumoulin, and Europe*.

Nerone (Stufa di).—Italy, near Pozzuoli.

Natural mineral steam baths. The heat of the gases emitted stated to be 170° F.

Special indications : Chronic skin diseases, gout, rheumatism, anchylosis.

Very largely used by the Romans, especially under Nero, by whom they were fitted up with the greatest luxury. They are still visited and used, notwithstanding the entire absence of any suitable accommodation.

Nervi.—Italy, one of the suburbs of Genoa, on the Riviera di Levante.

Population 5,000.

Winter station.

The mean winter temperature is not so high as that of Mentone or San Remo, but the climate is less windy, exciting, and tonic, and more humid. The vegetation is luxurious, and beautiful gardens abound. There is little room for excursions, and Nervi is therefore most suitable for patients who desire repose. The terms are moderate.

Doctors : Drs. Schetelig, Antonini, Belmondi, Friedmann and Massano.

Hotels : *Angleterre* and *Oriental*.

Neskutschnoie.—Russia, near Moskau.

Earthy ferruginous waters, 45° F.

The establishments are good.

Neudorf.—Austria, Bohemia, also called Constantinsbad.

Sulphurous and ferruginous waters, 25° F. Mud baths. Very pure air.

Special indications : Anæmia, disorders of menstruation, rachitis, gout, and rheumatism.

The establishments are very good and the accommodation is abundant and moderate in price. The situation is picturesque, and the country well wooded.

Doctor : Dr. Dlauhy.

Hotel : *Kurhaus*.

Neuenahr.—Germany, Rhenish Prussia, on the left bank of the Rhine and on the Ahr Valley railway ; 760 feet above sea level. From London direct, *via* Cologne, Bonn, and Remagen, in 14 hours. For route see table.

Alkaline thermal waters, 72·5° and 104° F., the only ones of the kind in Germany containing arsenic and lithium.

Special indications : Catarrh of the stomach and bowels, affections of the kidneys and liver, Bright's disease, stone, diabetes, rheumatism, nephritis, scrofula, and women's diseases.

The bathing establishment is well-appointed, and the arrangements are all good—complete system of baths, inhalations, and douches. This, combined with the fact that much is done to entertain visitors, renders Neuenahr a desirable place for those seeking health. There is a theatre, also lawn tennis and other games.

English Church service (S.P.G.) in the Kurhotel.

Doctors : Drs. Lemé, Wiessen, Grube, Unschuld and Teschemacher, all speaking English. x

Hotels : *Kurhotel* and *Grand Hôtel Victoria*.

The Court of Hollande.

AS Brandy

Neuenheim.—Germany, Nassau.

Cold bicarbonate ferruginous waters.

Neuhaus.—Austria, Styria.

Bicarbonate of lime waters, 85° F.

Special indications : Nervous diseases.

Good establishment.

Doctor : Dr. Röhl.

Neuhaus.—Germany, Bavaria.

Cold saline springs.

Special indications : Scrofula and abdominal obstructions.

Doctors : Drs. Billmann and Faulhaber.

Neu Lublau.—Austria, Hungary, comitat of Zips, near Lentschau.

Effervescent ferruginous waters.

Special indications : Migraine, hypochondriasis, hysteria, affections of the nerve centres, menorrhagia, blenorrhœa.

The establishments and accommodation are satisfactory.

Neumarkt.—Germany, Bavaria, near Nuremberg ; 1,445 feet above sea level.

Ferruginous sulphurous waters.

Special indications : Rheumatic and skin affections, muscular contractions, hæmorrhoids, gravel and vesical calculus, old sores and mercurial dyscrasia.

Doctors : Drs. Beier and Grosser.

Neu Ragoczi.—Germany, Prussia, province of Saxony, near Halle.

Alkaline ferruginous waters. Inhalation.

Special indications : Plethora, disorders of liver and spleen, vesical disorders, female complaints, hysteria, chlorosis, asthma.

The establishments are very complete and fitted with all modern requirements. The country is picturesque, and the neighbourhood of Halle affords ample amusements. Accommodation good and moderate in price.

Doctor : Dr. Steinbrück.

Neuschmécks or Uj Tatrafüred.—Austria-Hungary, Galicia. Comitat of Zips, near Poprád ; 3,100 feet above sea level.

Pure alkaline waters, climatic station.

Special indications : Affections of the digestive organs, obstructions of liver and spleen.

The establishment is very good, and the accommodation comfortable. Scenery picturesque and vegetation luxurious.

Doctor : Dr. H. von Szontagh.

Neuschwalheim.—Germany, Hessen, 1½ hours from Salzhausen.

Earthy muriatic ferruginous waters. Very little frequented.

The establishment is inferior.

Neusiedel.—Austria-Hungary, Lake of, near the town of Neusiedel.

The waters of this lake have a mineral basis of bicarbonate of soda, 45° to 50° F.

Military hospital.

Special indications : Scrofulous affections.

Neusohl.—Hungary, com Sohl.

Cold sulphurous waters.

Neustadt an der Saale.—Germany, Würtemberg, near Waiblingen.

Cold saline waters.

A small and inadequate bathing establishment.

Doctors : Drs. Schmidt and Matthias.

Neustadt-Eberswalde.—Germany, Prussia, province of Brandenburg.

Ferruginous bicarbonate waters.

Doctors : Drs. Kroemer and Pauek.

Neustadt-on-the-Haardt.—Germany, Bavaria, Palatinate, near Mannheim.

Grape and whey cure station.

Renowned throughout Germany, and much frequented in the months of September and October.

Doctors : Drs. Fischer, Kölsch and Wack.

Neuville Sur Saone.—France, Department of Haute Saône, near Vesoul.

Cold sulphate of lime waters.

Nevis.—One of the English West Indian Islands. Leeward group.

Four thermal springs.

New Brighton.—England, Cheshire, at the mouth of the Mersey.

Sea baths; fine sandy beach, a favourite resort for holiday makers and sea bathers from Liverpool.

Season : June—September.

Doctors : Drs. Bell, Eustace, Ross, Graham and Macdonald.

Newcastle.—Ireland, county Down.

Much-frequented sea baths, and sulphurous ferruginous waters; sandy beach; climate mild. The scenery is picturesque, looking across to the Isle of Man to the sea, and towards Rosstrevor and Warrenpoint inland.

Doctor : Dr. Magill.

New Quay.—England, Cornwall.

Sea baths; fine sandy beach. Climate bracing.

Season : June—September.

One of the most fashionable of Cornish watering-places.

Doctors : Drs. Hardwicke, Nicolls, Powne and Stephens.

New Quay.—Wales, Cardiganshire.

Sea baths, sandy beach, with occasional pebbles.

Doctors : Drs. Evans and Jones.

Newtondale.—England, Lincolnshire.
Saline springs.

Neyrac.—France, Department of Ardèche, branch from Livron to Privas.
3 hours by carriage from Privas to Neyrac.

Bicarbonate of lime ferruginous waters, 95° F.

Very complete establishment.

Special indications : Skin diseases.

Doctor : Dr. Deputowsky.

Nice.—France, Department of Alpes Maritimes; 77,000 inhabitants. For routes see table.

Winter station of first importance; sea baths.

Season : Winter season, November to June. Summer or sea-bathing season, May to October. Principal season, January to March.

Number of visitors about 60,000 annually.

Special indications : Chronic diseases of the chest, lungs, and respiratory organs; affections of the larynx, liver complaints, disorders of the spinal cord, diabetes, gout, rheumatism, paralysis, general weakness, are the principal diseases for which a stay in Nice is recommended. But the climate is very exciting, and patients suffering from any form of nervousness derive no benefit from it.

The dryness of its atmosphere is the chief characteristic of Nice. Rain falls generally only in spring and autumn, and but rarely in winter. The total amount is 702 mm.; 70 days of rain are reported in the season, 80 days of sunshine, and 60 with cloudy sky. Fogs are rare, and snow falls occasionally. Mean atmospheric pressure is 761 mm.

The mean temperature for the winter months is 55° F. in November, 50° F. in December, 44° F. in January, 50·5° F. in February, 52·2° F. in March, and 59° F. in April.

The mean temperature in winter is 50° F.

No winter station offers so many resources as Nice. All who suffer from that vague disease called "ennui," or "spleen," will find in this sunny spot on the Riviera the remedy they seek in its pleasantest form. Fête succeeds fête, and the Municipal Committee, as also the Mayor, use every endeavour to amuse visitors.

The Carnival lasts ten days, and is said to be superior to that of Rome. The days of the "batailles des fleurs" are a special feature, which no other town can offer. The road all along the Bay des Anges, from the Port down to the Pont Magnan, is thronged with rows of carriages, all decked with flowers.

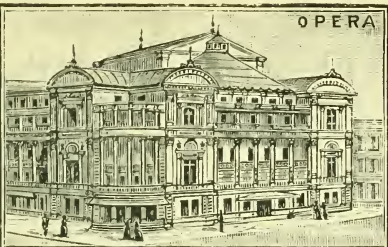
Clubs : Cercle de la Méditerranée, on the Promenade des Anglais; Cercle Masséna, first-floor of the Casino, on Place Masséna; Cercle Philharmonique.

The Opera House in the Rue François de Paule gives Italian operas, with the most celebrated artists of the day; also, in April, a series of Comédiettas in Italian. The Casino is a very extensive building, containing theatre, concert, ball, reading, smoking, writing, card, billiard, and restaurant rooms. The principal feature of this establishment is the large covered winter garden. On costume ball evenings the decorations and illumination of the hall, with the bustle of thousands of guests, is a

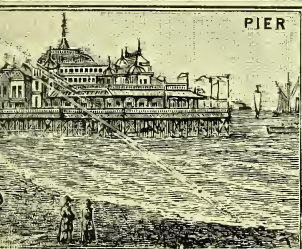
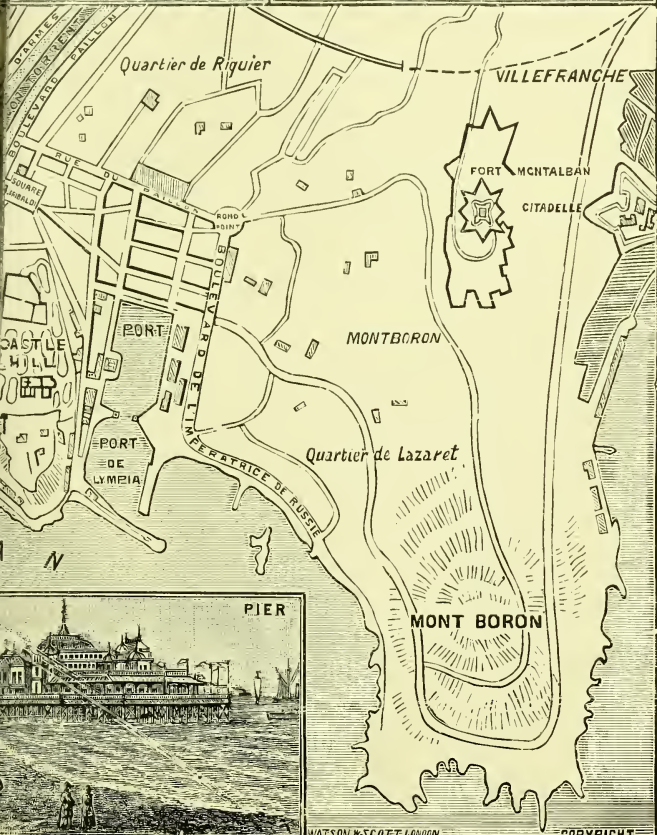




CASINO



OPERA



PIER

sight to be seen only here. There is, moreover, the Casino theatre, a circus, and other buildings of general amusement, a rifle club, and numerous lawn tennis courts.

Excursions: The excursions are numerous and very varied. Those nearest are to the Castle Hill, the Villa Arson Hotel, and Bischoffsheim's Observatory, from all three of which an unsurpassed view of the town and bay is obtained. More distant excursions are to Villefranche (station of the English, French and American men-of-war in the Mediterranean), maritime port and fortresses; Beaulieu, along the Cornice road to Monte Carlo; Mentone by carriage (2 horses, 40 fr. in the season; towards the close, 25 and 30 fr.) to Cannes, Antibes, and the Iles Marguerite by boat, rail and carriage, and into the mountains.

The races take place in the middle of January, the carnival at Mardi Gras, which usually occurs in February, and the regattas in the middle of March.

The Nice climate, so very beneficial in many cases of disease, when proper precautions are taken, may be very hurtful if they are neglected. Delicate persons should not go out before ten in the morning nor after half-past three in the afternoon, and should always be provided with overcoats, mantles, and wrappers.

A coach runs between Nice and Monte Carlo; fare outside, 3 fr.; inside, 2 fr.; three times a day; change of horses at Beaulieu; return fares, 5 fr. Cabs, one horse the course, 1 fr.; by hour, 2 fr. 50 c.; two horses as by agreement. Visitors should arrange beforehand in order to avoid any difficulties at the end of the drive, as the coachmen are often inclined to impose upon strangers.

Turkish Bath and Hammam: Rue de la Buffa, Dr. Bonnal; Algerian shampooers.

Post Office: }
Telegraph: } Place de la Liberté.

Bankers: Vve. Lacroix & Cie., 2, Place du Jardin Public.

Bookseller: Galignani, Quai Massena No. 3.

House and Estate Agent: The Anglo-American Express Agency, 10, Quai Massena.

Wine and Provision Merchant: F. Braud, 13, Rue de France.

American Dentist: Frisbie, Place Massena.

English Chemists: Maurel, Avenue de la Gare 8.

Doctors: Drs. Sturge, Fighiera, Fremy, Gillchrist, Menzies, Mivart, Stevens, Schmeltz, A. Noakes, and Thomas Linn.

Hotels: *Cosmopolitan.* Richly furnished, and facing the south. Lift. Winter garden. Weekly fêtes with cotillon. R. Billeter, Manager (*see advt. at end*). Also the *Paradis, Grand, Terminus, des Palmiers, d'Angleterre, &c.*

Nidelbad.—Switzerland, Zurich, near Euschlikon Station.

A variety of hydropathic treatment is gone into here, the waters contain much crenic acid, which in certain cases is a powerful remedy.

Doctors: Drs. Ineichen and Homberger.

Niederbronn.—Germany, Lower Alsace, near Weissenburg; at the foot of the Vosges mountains, separating Alsace from Lorraine; 650 feet above sea level. For routes see table.

Strong saline waters, 45° F.

Purgative and resolvent action.

Special indications: Very effective in the treatment of chronic diarrhoea, hepatic constipation, bilious affections, scrofula, obesity.

Doctors: Drs. Klein and Mayer.

Hotels: *Vauxhall, Golden Lion.*

Niederhall.—Germany, Baden.

Saline waters.

Inferior establishment.

Niederrickenbach.—Switzerland, in the Voisines Valley; altitude 4,000 feet.

Milk cure station.

Doctor: Dr. Odermatt.

Nieder-Langenau.—Germany, Silesia, near Glatz; 1,100 feet above sea level.

Chalybeate waters; mineral muds; milk cure.

Special indications: Rheumatism, articular pains.

The bathing establishment is fairly well appointed.

Doctor: Dr. Walter.

Hotel: *Kurhaus.*

Niedernau.—Germany, Württemberg, near Tübingen, on the banks of the Neckar; 1,050 feet above sea level.

Ferruginous and pure bitter waters, very gaseous.

Special indications: Neuropathic affections, gout, gravel, dyspepsia.

The establishment is very efficient, and the accommodation dear but good.

Doctors: Drs. Bauer and Bisinger.

Niederndorf.—Austria, Tyrol, near Franzensfeste, 3,500 feet above sea level.

Climatic air station; saline sulphurous waters, whey cure.

The surroundings are very picturesque.

Niederselters.—Germany, Nassau, on the Ems, three hours from Limburg.

Alkaline-muriatic waters.

Only used as table water, and as such largely exported.

Doctors: Drs. Arthen and Kaufer.

Niederweil.—Switzerland; Appenzell; 1,450 feet above sea level.

Inert waters.

Used in a primitive fashion.

Nieratz.—Germany, Württemberg.

Cold mixed carbonate waters.

Sedative in action.

Special indications : Neuroses.

Nierstein.—Germany, Hesse-Darmstadt, near Oppenheim.

Sulphurous waters.

The arrangements are imperfect.

Doctors : Drs. Kindhauser and Ulrich.

Nissyros.—Greece, island in the Archipelago ; 1,800 feet above sea level.

Sulphurous thermal waters, only used by the natives.

Nitrolis.—Italy, island of Ischia, near Moropano.

Thermal ferruginous waters, 85° F.

The baths merely consist of a swimming basin.

Nocera.—Italy, near Perugia.

Climatic station, 2,000 feet above sea level ; very suitable for patients suffering from chest and lung affections, or from nervous disorders.

Special indications : Rheumatism, gout, herpes, catarrh of the digestive and bronchial organs, hypochondriasis, urinary calculus, vesical catarrh, scrofula, lymphatism, fleuorrhœa, hysteria, general debility in children.

The station is highly picturesque, affording great scope for excursions, thus the sojourn here being agreeable ; the place is gaining in favour every day. Hydropathic establishment with all electric appliances.

Doctor : Antonio Maggiorani.

Post and Telegraph : In the Kurhaus.

Noceto.—Italy, Tuscany.

Alkaline-magnesian waters, 65° F.

Special indications : Affections of the intestines, liver and spleen, and of the urinary organs in general.

Primitive arrangements.

Nohanent.—France, Department of Puy de Dôme near Clermont, Ferrand.

Cold saline waters.

Inadequate establishment.

Nördlingen.—Germany, Bavaria, near Wallenstein.

Effervescent ferruginous waters.

A small bathing establishment.

Doctors : Drs. Harlacher and Macher.

Norderney.—Germany, Island of, on the coast of Hanover.

Much-frequented sea bath, strong surf.

Season : July—September.

The arrangements are very good. There is a curhaus, with

*Rordrach. B.K. Forest. Dr. Otto Walther² -
Consumptive.*

large park, and the road to the baths forms a large avenue of shady trees.

Doctors : Drs. Kruse, Thalheim and Fromm Sie.

Hotels : *Belle vue, Kroll's.*

Nook.—Austria, Tyrol, district of Botzen ; 5,000 feet above sea level.

Inert waters.

The arrangements are imperfect.

Formerly enjoyed a good reputation, but is now almost deserted.

Norrtelje.—Sweden, five hours from Stockholm.

Sea baths.

A much-frequented health resort, with good baths, renowned mud baths, and particularly good accommodation in all respects.

The most frequented health resort on the Baltic.

Doctor : Dr. Brandt.

North Berwick.—Scotland, on the Firth of Forth.

Sea baths, firm sandy beach.

A seaside resort, deservedly popular on account of its fine golf links, excellent sea bathing and bracing air.

Doctors : Cahill, Fraser, Heagerty, McKay, McLogan, &c.

Hotels : *Marine, Royal.*

Northeim.—Germany, Hanover, between Göttingen and Hanover.

Cold sulphate of lime waters.

Mud baths ; establishment good.

Special indications : Rheumatism and herpes.

Nottingham.—England, near Weymouth.

Slightly sulphurous waters ; little used.

Nouvelle (La).—France, Department of Aude.

Sea baths.

Novelda.—Spain, province of Alicante.

Sulphate of lime waters, 50° F.

Special indications : Herpes.

Nowosselja.—Russia, Government of Twer, on the Volga.

Effervescent ferruginous waters.

Primitive arrangements, and little or no accommodation.

Nuestra Señora de Abellá.—Spain, province of Castellon de la Plana, near San Mateo.

Alkaline waters, 50° F.

Special indications : Affections of the digestive and urinary organs, gravel, calculus, hyperæmia of liver and spleen, and nervous complaints.

The waters are excellent, but the establishment is very inadequate, and consequently frequented only by the neighbouring inhabitants.

Doctor : Dr. Castell.

Nuestra Señora de las Mercedes.—Spain, province of Gerona, near Figueras.

Sulphurous and alkaline waters, 70° to 80° F.

Special indications : Stomachic and urinary disorders, uric diathesis, calculus, gravel, hyperæmia of liver, leucorrhœa and amenorrhœa.

The establishment is very efficient, and is situated in a large and well-wooded park. The accommodation is good and moderate in price.

Doctor : Dr. Duran.

Nuolen.—Switzerland.

Climatic health resort.

Doctor : Dr. Steinegger.

Nydelbad.—Switzerland, near Zürich ; 2,000 feet above sea level.

Hydro-sulphuric waters. Only frequented by people from the neighbourhood.

Oban.—Scotland, Argyleshire, 2,500 inhabitants.

Climatic resort in summer. Sea baths, good bathing. The air is mild and bracing.

Season : August—September.

The scenery around is very charming, and an ample field exists for excursions. Good boating and fishing.

Doctor : Dr. MacKelvie.

Hotels : The *Great Western* and *Grand*.

Ober-Brambach.—Germany, Kingdom of Saxony, near Franzensbad.

Effervescent ferruginous waters.

Special indications : Debility of the digestive organs, affections of the uterus, vesical catarrh, gravel, and nervous disorders.

Very good establishment, with satisfactory accommodation. The scenery is very fine.

Oberhergern.—Germany, Hesse-Darmstadt, near Münzenber.

Ferruginous saline waters, effervescent.

Very little used. Poor arrangements.

Oberlahnstein.—Germany, Nassau, near Coblentz, on the mouth of the Lahn.

Cold bicarbonate of sodium waters, 2 grs. of mineralisation.

A very charming position, with fine view of the Rhine and its hills.

Doctors : Drs. Schench and Schnell.

Obermais.—Austria, Tyrol, one of the suburbs of Meran.
Climatic station.—See MERAN.

Obermendig.—Germany, Rhenish Prussia, a village near Andernach.
Highly effervescent ferruginous waters.
Only used for drinking. There is no establishment. Accommodation good.

Ober-Rauschenbach.—Austria, Hungary, comitat of Zips, near Pudlein.

Alkali-saline slightly ferruginous waters, similar to Karlsbad, 70° F. Climatic summer station.

Special indications: Rheumatic and gouty complaints, chronic skin diseases and sores, lymphatism, scrofula, goitre, neuroses. The spring is situated behind the Kurhaus and forms a lake. However cold the atmosphere may be, its waters never freeze. Objects immersed in the waters become in a short time incrustated over. The Kurhaus affords abundant accommodation. Moderate rates.

The establishment is built in the style of an old feudal castle. It contains every modern appliance, and from its terrace a superb view is obtained. Concerts are given.

The air is pure and mild. In the vicinity are some grottos, whence certain gases emanate, poisonous both to men and animals.

The place is much frequented, both for the beauty of its site and the efficacy of its waters.

Obernhaus.—Austria, Tyrol, district of Meran, in the beautiful valley of the Adije.

Climatic summer station and ferruginous earthy waters.

No establishment, and very quiet.

Scenery very picturesque.

Ober-Selters.—Germany, Nassau, on the Ems.

Muriatic alkaline table water.

The production reaches 20,000 quarts daily.

Oberstdorf.—Germany, Upper Bavaria, near Sonthofen; 2,500 feet above the sea level.

Climatic air station and whey cure. Centre for excursions.

Doctor: Dr. Reh.

Obertiefenbach.—Germany, Bavaria.

Alkaline-sulphurous waters; climatic station; whey cure.

No establishment.

Doctor: Dr. Hoffmann.

Oberwinter.—Germany, Rhenish Prussia, near the Seven Mountains, and opposite Bonn.

Climatic station in summer. Very mild air. Comfortable accommodation.

Doctor: Dr. Wirtz.

Obladis.—Austria, Tyrol, in the Upper Inn Valley; 3,780 feet above sea level.

Climatic station in summer; also an earthy saline spring; may be taken pure or mixed with whey.

This station is frequented chiefly by persons passing the winter in Meran, and coming here for the summer months. The air is pure and delightfully cool, and the situation charming.

There is no regular establishment, but very comfortable accommodation can be had.

Doctor: Dr. Wurgan.

Ochsenhausen.—Germany, Würtemberg, 1½ hours from Biberach; 1,790 feet above sea level.

Highly effervescent ferruginous waters. No establishments, but good accommodation.

Doctor: Dr. Maier.

Odessa.—Russia, on the Black Sea.

Sea baths; mud baths.

Doctor: Dr. S. W. Smith.

The establishments are very good.

Oelves.—Austria-Hungary, comitat of Kolos in Transylvania.

Bitter waters, 55° F.

The water is very good, and might easily with energy command a large sale, but the springs are almost abandoned.

Oesel.—Russia, Livonia, island in the Baltic Sea.

Sea and mineral mud baths.

Oeynhaus.—Germany, Westphalia. For routes see table.

Thermal saline springs, 90° F., charged with carbonic acid.

Special indications: Scrofula, hysteria, gout.

Doctors: Drs. Lehmann, Oetker and Reckmann.

Hotels: Pavillon, Victoria, Rose.

Ofen or Buda.—Hungary, on the right bank of the Danube. For routes see table.

Ofen possesses numerous thermal bathing establishments: The Kaiserbad, the Lukasbad, Königsbad, Raitzenbad, Bruckbad, &c. The water supplying these baths is charged with carbonate of lime, sulphate of soda and magnesia. Its action is diaphoretic, diuretic, and purgative.

Doctors: Drs. von Heinrich, Papai and Verzar.

Offenau.—Germany, Würtemberg, 3 hours from Heilbronn.

Cold saline and sulphurous waters.

Special indications: Scrofula.

There is a bathing establishment, which affords at the same time comfortable accommodation.

Offenbad.—Germany, near Frankfurt.
Lithia waters.

Offenstein.—Germany, Hesse-Darmstadt, district of Pfeddersheim.
Sulphurous waters, 50° F., contains much carbonic acid.
The place is little visited, a fact due, perhaps, to the indolence of the inhabitants.

Ohrdruff.—Germany, Saxe-Coburg; 1,400 feet above the sea level.
Hydropathic establishment, climatic air station.
Doctors: Drs. Bachof and Muller.

Oioun-Sekhakna or Frais Vallon.—Algiers, in the immediate neighbourhood of the capital.
Table water, bicarbonate of soda.

Okarben.—Germany, Hesse Nassau, district of Grosskarben, on the Nidda.
Muriatic saline waters, little used.

Okmé.—Africa, Nubia.
Thermal sulphur springs.

Olahfalú.—Austria, Hungary, Transylvania.
Everescent ferruginous waters.
Little used, even by the surrounding peasantry.

Oldesloe.—Germany, Schleswig-Holstein; one hour from Hamburg; 5,000 inhabitants.

Saline and sulphurous waters.

The establishments are good, and the accommodation most comfortable.

The royal family of Denmark having ceased to frequent the place, its former popularity has received a severe blow. Of late years visitors are again on the increase. A peculiar feature about Oldesloe is the large swimming baths in a salt lake covering an extent of 1½ acres.

Doctors: Berthean and Ruete.

Olah-Szt-György.—Austria-Hungary, Transylvania, comitat of Bistritz-Naszod, one hour from Rodna.

Alkali-saline waters.

A small drinkhall. The waters are exported.

Olenyova.—Austria-Hungary, comitat of Bereg.
Alkali saline waters, containing iron. Table water.

Olette.—France, Oriental Pyrénées. For routes see table.
Several alkaline sulphurous springs, from 65° to 175° F.; mild climate.

Special indications: Rheumatic neuralgia, and neuropathy in general.

The arrangements are not good, and the number of visitors is limited. The accommodation is comfortable.

Olivera.—Spain, province of Cadiz.

Cold sulphurous waters.

Olliergues.—France, Department of Puy de Dôme, near Ambert, on the Dore.

Acidulated ferruginous and gaseous waters.

Ollmütz.—Austria, Moravia.

Cold sulphurous waters.

Ollon.—Switzerland, Canton Valais, between Aigle and Bex; 1,900 feet above sea level.

Climatic station.

Very mild air and sheltered position.

A quiet spot, picturesquely situated.

Olmenhausen.—Germany, Baden, between Reutlingen and Tübingen.

Cold sulphurous waters.

No establishment, and little visited.

Oloneschti.—Roumania.

Sulphurous waters.

No establishments, and all the arrangements are primitive. The place is much frequented; the excellence of the waters would, however, justify a larger concourse of visitors, were it not for the absence of all comfort.

Ondarroa.—Spain, province of Vizcaya, 42 miles from Zumarraga.

Sea baths, small beach.

Mostly resorted to for its extreme cheapness.

Ontaneda y Alceda.—Spain, province of Santander, valley of Toranco.

Thermal sulphate of lime springs, 80° F.; very rich in nitrogen.

A well-appointed establishment, receiving a large number of herpetic patients. The site is picturesque.

The village is small, and contains some 60 houses. The accommodation is good.

Doctor: Dr. Salazar.

Oni.—Russia, Caucasus, near Kutais.

Alkaline, slightly saline waters.

Special indications: Liver and splenic disorders, urinary affections.

No establishment; the waters are used for drinking only.

Oporto.—Portugal, second town in the kingdom; 90,000 inhabitants.

Sea baths, sandy beach; also a winter station. There are good bathing appliances.

The country around is beautiful.

Doctor: Dr. Osorio.

Oppenau.—Germany, Baden, at the foot of the Kniebis.

Ferruginous waters.

Doctor: Dr. Moog.

Orb.—Germany, Bavaria, district of Aschaffenburg; 450 feet above sea level.

Saline waters, 35° F.

Good arrangements, with comfortable accommodation.

Special indications: Scrofula, skin diseases and chronic nervous affections.

Doctor: Dr. Hufnagel.

Oregrund.—Sweden, near Stockholm.

Sea baths.

Newly established as a health resort, with very moderate terms for treatment.

Doctor: Dr. Lindstrom.

Orel.—Russia, Government of Poltawa.

Bitter and alkali-saline waters.

Exported, but not beyond Russia. One of the strongest alkali-saline waters known.

Orenburg.—Russia, north of the Caspian Sea, on River Oûral.

Koumiss or fermented mare's milk cure.

Orense.—Spain, on the left bank of the Miño.

Three bicarbonate of soda springs, 155° to 160° F., but not used.

Orezza.—France, in the interior of Corsica, near Corte.

Gaseous ferruginous bicarbonate table waters.

Mild climate.

Season: July—August.

Special indications: Anæmia, chlorosis.

Doctor: Dr. Donn .

Origny.—France, Department of Loire, near Roanne.

Cold bicarbonate of iron waters.

Oriol.—France, Is re, Cl lle Station, on the line from Grenoble to Gap.

Highly effervescing ferruginous bicarbonate waters. The high degree of effervescence of these waters explains their being so well tolerated by dyspeptic and an emic persons. They are likewise efficacious in cases of gravel.

Oriol has no bathing establishment, the waters being used exclusively as table waters, and for exportation.

Ormaiztegui.—Spain, province of Guip zcoa, near Zum rraga.

Sulphurous alkaline waters, 50° F.

Special indications: Skin diseases, herpes, scrofula, granular affections of pharynx and larynx.

The establishment is good, with moderate accommodation.

Doctor: Dr. Asenjo y C ceres.

Oroslau.—Austria, Croatia.

Indifferent waters, 130° F.

Special indications : Nervous disorders, hysteria.

The site is charming, but the establishment leaves room for improvement.

Orotava.—See article on TENERIFFE.

Ospedaletti.—Italy.

Climatic health resort.

Hotels : *Hotel Rhein* and *Pension Suisse*.

Ostende.—Belgium, West Flanders, on the North Sea.

Sea baths of first importance. Season from 1st June to 1st October. Sandy beach and bracing climate.

The bathing machines are good and the sands excellent.

English church, Rue Longue. Post and telegraph office.

Doctors : Drs. van Oyl, Verscheure, Ch. Gérard, de Hondt, Janssens and Jumè.

Hotels : *De la Plage*, *Continental*, *Fontaine*, *Mertian*, *Marion*, *Ocean*, and several others.

Osterfingen.—Switzerland ; 1,323 feet above sea level.

Saline ferruginous waters.

The arrangements are of a primitive kind.

Osterspau.—Germany, Nassau, near Braubach.

Chalybeate waters, not used beyond their own immediate neighbourhood.

Osthofen.—Germany, Hesse-Darmstadt, near Worms.

Sulphurous waters, 40° F., not in use.

The surrounding country abounds in sulphurous springs.

Ostrovsk.—Austria-Hungary, near Klopas.

Alkaline earthy waters.

Little used, and no establishment.

Otscein.—Roumania, near Bräsa.

Ferruginous sulphurous waters.

No establishment, and little visited.

Ottenleue, Bains de.—Switzerland, Canton Berne.

Mineral waters of little importance.

Ottenstein.—Germany, Saxony, near Schwarzenberg ; 10 m., carriage to Ottenstein ; 1,550 feet above sea level.

Climatic station in summer ; air very pure and mild. Koumiss cure. Hydropathic establishment. Electric and pine-cone sap baths ; inhalation.

The environs are covered with pine forests. The walks and promenades are beautiful and well kept. A large park surrounds the Kurhaus. The accommodation is abundant and comfortable.

Doctor : Dr. Hartmann.

Ouchy.—Switzerland, near Lausanne.

Climatic air station.

Hotel : Beau Rivage.

Outrancourd.—France, Department of Vosges, near Contrexéville.

Cold sulphate of lime and magnesian springs, 2 grammes of mineralisation ; slightly purgative.

Oyarzun.—Spain, province of Guipuzcoa, near San Sebastian.

Ferruginous waters.

There is a very small bathing establishment.

Oybin.—Germany, Saxony, near Zittau.

Climatic air station, holiday resort and hydropathic establishment ; whey cure.

The bathing establishment is very good and complete in its arrangements. The surrounding country is covered with pine forests, mountainous and very picturesque.

Doctor : Dr. Toop.

Hotel : Hôtel Engelmann.

Paderborn.—See INSELBAD.

Paignton.—England, Devonshire, Torbay.

Sea baths ; firm sandy beach ; bracing climate.

Season : May—October.

A great variety of amusements is offered during the season.

Doctors : Drs. Goodridge, Atkins, Alexander, Collins, Goodfellow and others.

Hotel : The Crown.

Paimpal.—France, Department of Côtes du Nord.

Sea baths.

Paipa.—South America, New Granada, State of Tunja, and near the latter town.

Thermal sulphate of sodium waters, 135° to 180° F.

An exceptionally high mineralisation of 470 grammes, of which 329 are sulphate of sodium.

Palazonia.—Italy, Sicily, Val di Nolo, near Cattagnone.

Highly effervescent ferruginous waters. No establishment, and used only by the inhabitants.

Palazzolo.—Italy, Sicily, six miles from Syracuse, Val di Noto.

Cold saline waters.

The splendid ruins standing close to this spring indicate that it was much in favour in ancient times. To-day it is almost completely abandoned.

Palestrina.—Italy, Romagna, in the Sabine hills.

Climatic station in summer. Very picturesquely situated, and an agreeable place of residence.

Palermo.—Italy, Sicily, capital of the island.

Winter station, though very damp. Sea baths.

Season : November—April.

Bathing season : May—October.

Mean winter temperature, 55° F. The changes in evening and morning temperature are gradual. Good drinking water. Mean temperature throughout the year, 75° F.; 75 to 80 rainy days during winter. Atmosphere free from sudden changes.

OBJECTS OF INTEREST : The Marini, Public Gardens, Botanical Gardens, Cathedral, Churches of St. Guiseppe and Martorana, St. Domenico, the Royal Palace, Capella Palatina, Museum, Collection of Antiquities, Palace of Ziza, Catacombs, Palazzo Vercelle, Circus and Opera-house.

EXCURSIONS : Monreale, La Favorita, Termini, Girge Lercana.

CABS : One horse, 50 c.; by the hour, 1 fr. 80 cts. Two horses, 80 c.; one hour, 2 fr. 20 cts.

Chemist : Caputo, Via Vitt. Emmanuele 107.

English Church : Via Cavour.

Post Office : Piazza Bologni.

Telegraph : Via Maccqueda 226.

Doctors : Drs. Berlin, Ohlsen and Hoggan.

House and Estate Agency and Wine Merchant : S. Zingales Zanelli, via Giovanni Meli 27.

Hotels : Hotel Trinacria, de France.

Pality.—Austria-Hungary, comitat of Bács, near Szegedin.

Baths in the Lake of Pality, very celebrated for its waters, which are especially efficacious in scrofulous cases.

The establishments are very efficient and the accommodation good, and moderate in price. The scenery is charming, and a great many visitors resort to the place.

Doctor : Dr. Szilasi.

Pallanza.—Italy, Lago Maggiore.

Climatic station.

Season : Spring and autumn.

Special indications : Chest and lung complaints.

Doctor : Dr. Scharrenbroich.

Pananich Wells.—Scotland, Aberdeenshire, two miles from Ballater.

Saline ferruginous waters.

Two very well-appointed bathing establishments.

Special indications : Stone, gravel, dyspepsia, scrofula.

Panassau.—France, Department of Dordogne.

A water enjoying great reputation in the surrounding country, but not yet analysed.

Pandraux.—France, Department of Haute Loire, near Puy.

Effervescent ferruginous waters. No establishment, and little used.

Pantalaria.—Island in the Mediterranean, between Sicily and Tunis.

Sulphurous steam grotto. Very hot natural steam baths.

No establishment, although the baths are frequently used.

Pantano.—Italy, Tuscany, near Cetona.

Ferruginous waters, 65° F. Highly gaseous. Used only by the surrounding inhabitants.

Panticosa.—Spain, province of Huesca, on the French frontier, near Caunteret in the Pyrénées; 8,500 feet above the sea level.

Four sulphate of soda springs—El Higado, 80° F., el Herpes, 75° F., la Laguna, 73° F., and el Estomago, 88° F. These waters have various actions; el Higado and el Herpes are reputed sedatives to the nervous system; la Laguna is purgative; while the Estomago spring is stimulating to the digestion. Azotic inhalations.

Season: In summer only. About 2,000 visitors every year. Situated in a narrow mountain cleft, this place abounds in lovely scenery. It is not easy of access.

Paracuellos de Xieoca.—Spain, province of Zaragoza, near Catalayud.

Sulphate of lime; cold waters.

Special indications: Chronic skin diseases, scrofula, glandular swellings, ulcers, fistula and ophthalmia, intestinal obstructions of a chronic character, leucorrhœa, &c.

The situation is charming. The establishment modern, with good accommodation. A residence here is not, however, very agreeable.

Doctor: Dr. Viejo.

Párad.—Hungary, comitat of Heves, near Erlau.

Sulphurous and effervescent ferruginous waters, one of the springs containing 0.76 per cent. of carbonate of iron. No other spring is so rich in iron. These waters are more highly gaseous than those of Spa, in Belgium. There is also a spring containing a large quantity of alum.

Special indications: Anæmia, chlorosis, debility, urinary disorders, liver and splenic plethora, affections of the respiratory organs.

A very well-appointed establishment. Párad is one of the most frequented bathing-places in Hungary.

Doctor: Dr. Losteiner.

Parada de las Achas.—Spain, province of Pontevedra, near Caniza. Sulphurous earthy waters, 55° F.

There is no accommodation, and the waters are scarcely used.

Paradies.—Switzerland, Thurgau, between Schaffhausen and Diesenhofen; 1,180 feet above sea level.

Artificial steam and mineral water baths. Chiefly frequented on account of its beautiful situation.

Paramé.—France, Department of Ille and Vilaine, from Paris, *viâ* St. Malo.

Sea baths, sandy beach.

There is a casino.

Páramo de Ruiz.—South America; New Granada, in the central Cordillera; 11,500 feet above sea level. A very cold and elevated mountain plain.

A thermal spring, containing, like the solfatare waters, free sulphurous acid and hydrochloric acid. Only used in a primitive way by the people of the surrounding districts.

Parchim.—Germany, Mecklenburg-Schwerin.

Chalybeate waters.

A very good establishment; the accommodation is comfortable, ample, and moderate in price. Birthplace of General von Moltke.

Doctors: Drs. Bartsch and Schubert.

Paris.—France, Seine. Capital, above 2,000,000 inhabitants; on both banks of the Seine river.

In Batignolles, Belleville, Ternes, and near the Pont d'Austerlitz are cold sulphate of lime springs. They have been incompletely analysed and are not used.

Paris is a strongly fortified town, extending as far as Mont Valerien and St. Denis. It is divided into 20 parishes or arrondissements, each having a church and several chapels. It is a very old town, but owing to the efforts of Napoleon III. its appearance has been greatly improved by the formation of boulevards, squares and wide airy streets. The municipal debt is consequently very heavy. Paris is a resort of all the idlers, pleasure-seekers and travellers of both hemispheres. The English and American colonies in the city are very considerable. In a word, Paris may be described as the "gayest" city of the world.

The chief thoroughfares are the Boulevards des Capucines des Italiens, Poissonnière and Bonne Nouvelle, Rue de Rivoli, Rue de la Paix, Rue Royale and Champs Elysées, which are crowded until two or three o'clock in the morning. In the afternoon all the cafés along the boulevards are filled with idlers, and when the theatres are closed the same scene is renewed.

Theatres : New Opera, Français, Comédie Française, Vaudeville, Palais Royal, Gymnase, Eden, Odéon, Variétés, and several others.

Places of Amusements : Folies Bergères, Rue Bergère, Casino de Paris, Nouveau Cirque, Hippodrome, and in summer the Cafés chantants in the Champs Elysées.

Churches : Notre Dame, Madeleine, Notre Dame de Lorette, St. Etienne du Mont, St. Germain l'Auxerrois, St. Eustache, St. Germain des Prés, St. Sulpice, Panthéon, Trinité, St. Augustin.

Buildings : The Louvre; the Luxembourg, Palais Royal; Law Courts; Tour Eiffel, Arc de Triomphe de l'Etoile, Post Office, La Sainte Chapelle; Palais de l'École des Beaux Arts, Hôtel des Invalides, Town Hall, Palais de l'Elysée, Palais de l'Industrie, du Trocadero (Exhibition, 1878), the Exchange; Grain and Wine Markets; the National Library; Museum of the Jardin des Plantes, Conservatoire des Arts and Métiers.

Parks—Gardens : Bois de Boulogne, Bois de Vincennes, Parc Monceau, Jardins des Tuileries, and Champs Elysées.

Post Office : The most central, Place de la Madeleine, and Place du Théâtre Français.

Telegraph : In most of the large hotels.

English Churches :

Congregational, 23, Rue Royale.

Church of England, Rue d'Aguesseau, and Rue des Bassins, Neuilly.

Wesleyan, Rue Roquepine.

American, Avenue de l'Alma and Rue de Berri.

Scotch, Rue Bayard.

House and Estate Agents : Sprent, Sprent and Phipps, 252, Rue de Rivoli.

Bankers : Munroe & Co., 7, Rue Scribe; Crédit Lyonnais, Société Générale.

Dentist : Dr. Rossi Hartwich, 185, Rue St. Honoré.

English Booksellers and Library : Galignani, also Neal's, both in Rue de Rivoli.

Doctors : Dr. J. Chapman, 224, Rue de Rivoli; Dr. J. A. Barnard, 362, Rue St. Honoré; Dr. Halsted Boyland, 73, Avenue d'Antin; Dr. Sherwood Dunn, 15, Rue des Pyramides; Dr. E. Dupuy, 53, Avenue Montaigne, and many others.

English Chemists : Rogers, 1, Rue de Havre; Roberts, Rue de la Paix; Hogg, Rue Castiglione.

Hotels : Grand, Bristol, Continental, Mirabeau; Terminus Hotel at the St. Lazare station, &c.

Parkstone.—England, Dorset, three miles from Bournemouth.

A fashionable suburb of Bournemouth, recently become popular; it has been called the Mentone of England, on account of its sheltered position and dry warm climate.

Doctors : Dr. J. R. Philpots, Dr. Masters.

Páros.—Greece, island in the Archipelago.

Saline spring of the Temple of Anargyron.

Much frequented in antiquity, but now neglected.

Parpan.—Switzerland, Grisons, near Churwalden, 4,650 feet above the sea level.

Climatic air station and good centre for excursions.

Very stimulating air.

Partenkirchen.—Germany, Bavaria, in the Bavarian Alps; 2,500 feet above sea level.

Climatic station in summer. Goats' whey.

The place is situated in a most charming valley, and has a mild climate. The accommodation is good, and reasonable in price.

Doctor : Dr. Erdf.

Passage.—Ireland, county Cerk, on the west side of Cork harbour.

Sea baths; sandy beach; good climate.

Season : June—September.

Doctor : Dr. Stone.

Hotel : The Gerston.

Passugg.—Switzerland, Grisons, near Coire.

Alkali-saline waters; one spring containing iron. All the springs are highly effervescent, and are some of the strongest of their kind.

Special indications : Chronic catarrh of the mucous membrane of the stomach and intestines, habitual constipation, acute anchylosis, gout, affections of the kidneys and urinary organs, morbus Brightii, diabetes, obesity.

The establishment is adequate, and comfortable accommodation can be had in Coire.

Doctors : Drs. Gamser and Bernhard.

Passy.—France, Department of Seine, near Paris.

Sulphate of lime and ferruginous waters, not effervescing, and difficult of digestion.

Paterna de la Rivera.—Spain, province of Cadiz, near Medina Sidonia.

Ferruginous, saline, sulphate, magnesian and silicated waters, 15 grammes of mineralisation, of which five are chloride of sodium and five sulphate of magnesia.

Special indications : Herpes, anæmia, chlorosis.

Appliances very primitive; while scarcely anything has been done for the comfort of visitors.

Paterna y Gigonza.—Spain, province of Cadiz, near Medina-Sidonia.

Saline sulphurous waters, 60° to 70° F.

Special indications: Chronic skin diseases, scrofula, leucorrhœa, inveterate ulcers, caries.

The establishment of Paterna is very small and incomplete. That of Gigonza is larger, but equally imperfect. The situation is attractive enough, but accommodation poor.

Doctor: Dr. Vasquez.

Patmos.—Asia Minor, island in the Archipelago.

Cold sulphurous waters.

No establishment; the waters are obtained in a primitive way, by digging holes in the ground, in which the baths are then taken.

Pau.—France, Department of Basses Pyrénées; 650 feet above sea level. For routes, see table.

Winter station.

Special indications: Chest complaints, consumption, bronchitis, rheumatism.

English and Scotch churches.

Post-office: Rue de la Nouvelle Halle.

Bookseller: Ariza, 17, Rue de la Prefecture.

English Chemist: Jarvis, 20, Rue Serviez.

Doctors: J. Bagnell, W. H. Bagnell, Hunt, Clay, Capes, Robert and Shepherd.

Hotels: The Grand Hôtel Gassion, Hôtel de France, Beau Séjour, Maison Colbert, &c.

Paterno.—Italy, Sicily, Val di Demona, on the east coast.

Ferruginous and saline waters.

No establishment, and used by the natives only.

Peebles.—Scotland, Peeblesshire, near Inverleithen.

Hydropathic establishment, open in summer; saline waters.

Doctors: Drs. Connell, Grimm, Hamilton, &c.

Pegli.—Italy, on the Riviera, near Genoa.

A winter station with mild climate.

Doctors: Drs. Spurway, Frühauf and Zoeslei.

Hotel: The Grand Hotel.

Peiden.—Switzerland, Canton of the Grisons; 2,500 feet above sea level.

Cold alkaline, earthy and saline waters, with 4 grammes of mineralisation.

Special indications: Neurosis, herpes, liver complaints, difficult digestion, chronic vesical catarrh, laryngitis.

Doctor: Dr. Riedi.

Peirèrre (La).—France Savoy, near Moutiers; 1,460 feet above sea level.

Saline waters, 100° F.

Peissenberg.—Germany, Bavaria, district of Weilheim; 1,800 feet above sea level.

Sulphurous waters.

There is an establishment affording fair accommodation.

Pejo.—Italy.

Very pure ferruginous waters.

Owing to insufficient means of communication, this water, one of the most easily digested iron waters in Italy, has not received proper attention.

Pelagio.—Italy, Tuscany, near Monte Rotondo.

Thermal mixed springs, 90° F.

Special indications : Rheumatism, gout.

Pelago.—Italy, near Florence.

Mixed carbonate waters.

Special indications : Diseases of the bladder, gravel.

Peleikiton.—Greece, Morea, near Gythion.

Saline waters.

In use in ancient times, but little visited at present.

Pembrey.—Wales, Carmarthenshire.

Sea baths, sandy beach; climate mild.

Season : May—September.

Doctor : Dr. Jones.

Penáguila.—Spain, province of Alicante, near Alcoy.

Sulphurous waters.

Special indications : Chronic stomachic and gastro-intestinal derangements, liver and spleen derangements, dyspepsia, gastrodinia, &c.

There is a very primitive establishment.

Penarth.—Wales, Glamorganshire, near Cardiff.

Sea baths, shingly beach; climate mild.

Doctors : Drs. Nell, Plain, Rees, Bird, &c.

Pendine.—Wales, Carmarthenshire, near St. Clear.

Sea baths, sandy beach, very good bathing; climate mild.

Penmaenmawr.—Wales, Carnarvonshire.

Sea baths, sandy beach; climate mild.

Season : July—September.

Doctor : Dr. Hughes.

Hotels : The Penmaenmawr, Massey's.

Penna (La).—Italy, the old Pinna Vestina, on the Adriatic.

Muriatic ferruginous waters, 60° F.

Special indications : Anæmia, chlorosis, debility, neurosis, gravel.

Penna (La).—Italy, near Genoa.

Saline sulphurous waters, forming a small lake, 65° F.

Used in primitive fashion.

Penzance.—England, Cornwall, Land's End.

Climatic air station and sea baths, sandy beach.

Climate mild and invigorating.

Special indications: Chronic affections of the pharynx, larynx, and bronchi.

Very much frequented station.

Doctors: Drs. Couch, Bennett, Boase, Boyden, Davy and several others.

Hotels: *The Queen* and *The Western*.

Pergine.—Italy, Tuscany, near Florence.

Alkaline ferruginous waters, 60° F.

No establishment, and only used by the surrounding peasantry.

Perpignan.—France, Department of Pyrénées Orientales; 28,000 inhabitants; near the Spanish frontier.

This is the Roman *Flavium Eprusum*. Its quaint and curious Spanish and Moorish looking houses give it an oriental appearance.

OBJECTS OF INTEREST: Cathedral of the 14th century; the Citadel close by, Museum, Theatre, Prefecture, Law Courts; a stopping-place for travellers to Le Boulou, Amélie-les-Bains and other East Pyrenean watering-places.

Hotel: *The Grand Hôtel de Perpignan*. A good, comfortable house, overlooking the river; good cooking and cellar. J. Jonca, proprietor.

Perruches.—France, Department of Cantal, near Aurillac.

Carbonate of soda springs, rich in minerals. Have not been accurately analysed.

Pertinò.—Italy, Romagna, near Civitella.

Saline-iodurated waters, 60° F.

No establishment. The accommodation is extremely deficient.

Perugia.—Italy, capital of Umbria, midway between Florence and Rome; 18,000 inhabitants; 1,715 feet above the sea level.

A transitory station of great historical interest.

Perugia is the seat of a prefecture and headquarters of an army division. It is an old Etruscan town, full of interest. There are about 100 churches. Pope Leo XIII. was bishop here for upwards of 20 years.

OBJECTS OF INTEREST: The episcopal palace, with new façade; the seminary—both enlarged and renovated by Pope Leo XIII., at his own expense; Gothic Cathedral of San Lorenzo; Pinacoteca and University, with very valuable collections; the Arch of Augustus, the Gallenga, Domini, and Conestabile palace.

The view from the gardens, where the palace of the prefecture stands, on the stately remains of the Paolina fortress, is one of the finest in Italy. The climate is beautiful, and attracts numbers of families during the summer months, from Rome and Florence.

Some very interesting excursions to be made in the environs.

Hotel: The Grand Hotel.

Pesaro.—Italy, 3½ hours by rail from Bologna.

Sea baths; sandy beach.

No establishments; great freedom prevails.

Pescara.—Italy, near Chieti, 8½ hours rail from Bologna.

Sea baths; fine beach.

No establishment.

Pesolina.—Austria-Hungary, comitat of Zemplén, near Szinna.

Ferruginous effervescent waters.

No establishment and no accommodation.

Pesth.—Capital of Hungary.

Several ferruginous bicarbonate springs.

Petersdorf.—Germany, Upper Silesia, near Warmbrunn.

Climatic air station and centre for excursions.

The place is surrounded by mountains covered with forests, and living is cheap. Excursions of great variety and beauty.

Doctor: Dr. Blech.

Petites Dalles (Les).—France, Department of Seine Inférieure, from Paris, *viâ Fécamp*.

Sea baths, sandy beach.

Petersthal.—Germany, Baden, in the Black Forest.

Bicarbonate of lime silicated waters (0·08 and 0·09 grammes of silicate). Four cold springs, 5 gr. of mineralisation.

Special indications: Dyspepsia and gastro-intestinal affections.

A very well-managed establishment.

Doctor: Dr. Kimming.

Petragliá.—Italy, Sicily, Val d' Nolo.

A mineral water spring, the surface of which is covered with petroleum. The water is used as a vermifuge by the surrounding peasantry.

Petriolo.—Italy, Tuscany.

Thermal, sulphurous and saline waters, 105° F.

Special indications: Rheumatism and herpes.

Pfaeffers.—Switzerland, Canton of St. Gall. From Paris, *via* Basle and Zurich; 2,200 feet above sea level. *See* RAGATZ, which it adjoins.

Indifferent waters, 90° F. Three springs.

The hot spring of Pfaeffers supplies Ragatz with its thermal waters; they rise in a rock at the end of an enormously long cavern, formed by the approximation of two gigantic rocky hills, which meet at their summit in various parts, and form a cavern, at the bottom of which rushes at a terrific rate a large stream of water. The mineral waters beyond their heat (97°) have no special characteristics, but are formed of curative properties, their *modus operandi* being clouded in mystery. The bathing establishment, largely frequented, is on a large scale, and was built by monks in ancient times. It is solid, and by no means ornamental, but clean, warm, comfortable and exceedingly popular. There is accommodation for 300 visitors, and during the season (summer) it is always crowded. The baths have a continuous current of water passing through them. The terms are most moderate, the scenery lovely, and a walk along the torrent between high mountains to Ragatz is a thing to be remembered. There is a resident Swiss physician. The living is very good, and those requiring hydropathic treatment, rest and mountain air and scenery derive much benefit by a sojourn here.

See also RAGATZ, p. 307.

Pfaffnau.—Switzerland, Lucerne district.

Carbonate of lime, soda and magnesia waters of no great importance.

Doctor: Dr. Roessli.

Phantasie.—Germany, Bavaria, near Baireuth.

Climatic air station; whey cure.

Doctor: Dr. Falco.

Piedrabuena.—Spain, province Ciudad-Real, near Albacete.

Ferruginous waters.

Very little used.

Pierrefonds.—France, Department of Oise, near Compiègne. 200 inhabitants.

One cold sulphate of lime spring, analogous to Enghien, and one ferruginous and arsenical.

Special indications: Pulmonary catarrh.

The establishment is thorough, and contains, besides all modern appliances, abundant and excellent accommodation.

Doctor: Dr. Janvier.

Hotels: Duchateau, Grand, &c.

Pietra.—Italy, Tuscany, in the Val de Chiana.

Carbonate of lime waters, 37° F. Two grammes of mineralisation.

Special indications: Dyspepsia and hepatic obstructions.

- Pietrapola.**—France, Corsica, 30 miles from Corte, 50 miles from Bastia.
Sulphate of soda waters, 80° to 135° F.
Establishment has tanks and douches, and is magnificent.
Special indications: Nervous affections and syphilitic lesions.
The springs were much used under the Romans.
- Pigna (La).**—Italy, near Bordighera.
Sulphate of soda waters, 70° F. Not much frequented.
- Pignol.**—Switzerland, Canton of the Grisons, 15 miles from Coire.
Ferruginous magnesian waters.
- Piguien.**—Switzerland, Grisons; 3,240 feet above sea level.
Earthy, sulphurous, ferruginous waters, 60° F. Milk and whey cure.
The establishment is good, and affords comfortable accommodation.
- Pillo.**—Italy, Tuscany, near Gambasti.
Very effervescent ferruginous saline waters, 35° F., with purgative action.
Special indications: Gravel and vesical calculus, general debility.
- Pilsen.**—Austria, Bohemia.
Cold sulphate of iron waters.
- Piora.**—Switzerland, near Ariolo.
Climatic health resort.
Doctor: Dr. Albrizzi.
- Pisa.**—Italy, Tuscany on the Arno, near Leghorn.
Winter station, with a sedative climate. 57 days with a clear sky during winter season; damp and steady air. Generally thought a melancholy station. Other statistics are wanting.
Hotels: The *Grand*, *Londres*, *Minerva*, and *Victoria*.
- Pisciarelli.**—Italy, near Naples, at the foot of Monte Secco.
Sulphate of iron waters, 180° F., and natural steam baths.
The establishments are inadequate.
- Pistyan or Postyén.**—Hungary, on the route from Vienna to Pesth, near Tyrnau.
Earthy, alkaline-ferruginous waters, 135° to 150° F. Mineral muds.
Special indications: Cutaneous and rheumatic affections.
Doctors: Drs. Wagner, Alexander and Fodor.
- Pitigliano.**—Italy, Tuscany, near Grosseta.
Earthy saline waters, 105° F.
There is only a natural basin, without any accommodation.

Pitkeathly.—Scotland, Perthshire; also known under the name of Bridge of Earn. $1\frac{1}{2}$ miles from Perth.

Saline waters.

Situated in a most picturesque country, and one of the most frequented spas of Scotland.

Doctor : Dr. Lang.

Pitlochry.—Scotland, Perthshire.

Two hydropathic establishments, the Athole and the Pitlochry, both very popular in the summer.

Very fine Highland scenery.

Pixigueiro.—Spain, province of Orense.

Thermal sulphur springs, 80° F.

Pizzofalcone.—Italy, on the road to the Castello dell'Ova.

Alkaline-ferruginous waters.

Only used by the surrounding people.

Pizzo (Il).—Italy, Calabria, on the Bay of Eubemia.

Sea baths.

Pjätigorsk.—Russia, Caucasus.—*See* BESCHTUA OR MASCHUKA BATHS.

Plaine (La).—France, Department of Loire Inférieure, near the sea coast.

Cold ferruginous waters. Very little used.

Planchamps.—France, Savoy, near Rumelly.

Ferruginous alkaline springs.

Plan de Phazy.—France, Hautes Alpes.

Thermal ferruginous saline waters, 90° F.

The establishment is inadequate.

Plan des Isles.—*See* LE PLAN DES ISLES.

Plan (Le).—France, Department of Haute Garonne, near Muret.

Cold ferruginous waters.

Doctor : Dr. Hentzschel.

Platimgan.—Island of Java, East Indies.

Saline waters, 105° F.

Plaue.—Germany, Principality of Schwarzburg-Rudolstadt, Thuringia.

Saline waters, 65° F.

The establishments and arrangements are not of the best.

Plombières.—France, Department of Vosges, near Aillevillers; 1,330 feet above sea level; 2,000 inhabitants. For routes see table.

Season : May 15th—September 30th.

Special indications : General debility and inaction of the skin, rhachitis, anæmia, chlorosis, scrofula, chronic rheumatism

and gout, chronic nervous diseases, intestinal congestions, hysteria, partial and local paralysis, contractions, anchylosis and articular complaints, hemiplegia and paraplegia, skin diseases, dyspepsia, chronic diarrhœa, intermittent fevers, hepatic colic, uterine catarrh, leucorrhœa, sterility, dismenorrhœa, chorea.

There are seven bathing establishments—all well fitted up, in which are large stoves, hot rooms, hydropathic douches, massage, &c.; and a Casino, where concerts, balls, &c., are held.

Post and Telegraph Office.

Doctors: Drs. Lietard (Inspector), Bottenluit, Malibran, Daviller and Tayseler.

Hotels: *Grand Hôtel*, near the New Baths. First-class house.

Plymouth.—England, Devonshire.

Sea baths. The beach is rough. The climate is mild, but damp and relaxing, rain being prevalent.

Doctors: Drs. Harper, May and Eccles.

Hotel: *The Duke of Cornwall*.

Po-Csevicze.—Austria-Hungary, comitat of Gömör, near Balogfalu.

Effervescent earthy ferruginous waters.

The establishment is inferior. Little or no accommodation.

Poggeto-Theniers.—France, Department of Alpes Maritimes, near Nice.

Sulphate of iron waters. Owing to the great amount of sulphate of iron which they contain, these waters must be taken with discretion.

Poggetti.—Italy, Tuscany, Val d'Ombrone.

Ferruginous earthy saline waters, 85° F.

Very primitive arrangements. Recommended in cases of gravel and vesical calculus.

Poggibonzi.—Italy, Tuscany; station on the railway from Florence to Siena.

Cold saline waters; purgative action.

Poggio Pinci.—Italy, Tuscany, Val d'Ombrone.

Ferruginous waters. Little used.

Poggio Curatale.—Italy, near Fiora.

Effervescent ferruginous waters.

Primitive appliances.

Poggio Rosso.—Italy, near Arezzo.

Saline waters. Not used.

Pojan.—Austria, Transylvania, comitat of Haromszek.

Effervescent ferruginous waters.

The establishment is primitive.

Polena.—Austria, Hungary, comitat Bereg.

Alkali, saline, ferruginous waters.

Largely exported. No arrangements.

Polzin.—Germany, Pomerania, circuit of Cöslin on the Wugger.

Effervescent ferruginous waters.

Season : May—September. Much frequented.

The establishments are all very good, and the accommodation comfortable, abundant and moderate in price.

There are electric, pine-cone and mud baths.

Doctors : Drs. Lehmann and Bechert.

Pomaret.—France, Department of Gard.

Sulphurous waters, 65° to 70° F.

Used by the surrounding inhabitants in cases of skin disease, gravel, and constipation.

Pongyelok.—Austria-Hungary, near the Puszta-Mastinecz.

Effervescent earthy waters.

Special indications : Hypertrophy of liver and spleen, hypochondriasis and urinary disorders.

Pontailac.—France, Department of Charente Inférieure, near Royan.

Sea baths ; sandy beach.

Pontamafrey.—France, Savoy, near St. Jean de Maurienne.

Cold saline waters, containing iodide, iron and arsenic.

Pont à Mousson.—France, Department of Meurthe.

Four ferruginous springs, used only by the peasantry in cases of chlorosis.

Pontano.—Italy, island of Ischia.

Earthy ferruginous waters, 90° F.

No establishment.

Pont de Barret.—France, Department of Drôme, near Dieulefit.

Bicarbonate of lime and magnesian springs.

Special indications : Dyspepsia and gravel.

Pontrieux.—France, Department of Côtes du Nord, near St. Brieune.

Sea baths ; sandy beach.

Pontresina.—Switzerland, Canton of Grisons, Upper Engadine ; 5,947 feet above the sea level, one hour's walk from St. Moritz. For routes see table.

Climatic mountain station.

Pontresina, with 400 inhabitants, is one of the oldest communes of the Upper Engadine Valley. Its situation is beautiful, and the scenery is magnificent. It is a locality frequented by those who wish to enjoy the mountain air and

scenery of the Engadine without the restrictions imposed by fashion in larger health resorts, such as St. Moritz. To quote from an excellent little guide book which any resident hotel-keeper will send on application—"All are glad to be free from the irksome restrictions of etiquette." The inhabitants and the hotel proprietors—the latter, by the way, all, or nearly all, being related to each other—having a wholesome dread of consumption, have set their faces against a winter season, and do not care to entertain invalids. Being nearly 6,000 feet above sea level, it is seldom or never really hot here, the average midday season temperature being about 56°, and the evening 48°. The drainage is fairly good, and the village kept fairly clean. Guides for mountain climbing can be had on application, and round here several interesting mountain ascents can be made. There is an English church, and English tastes are catered for. There are three medical men: Dr. Tidey, who is English, and is a Member of the College of Physicians; Dr. Gredig, and Dr. Bernhard, who also practises at Samaden.

Pontresina is only an hour's charming walk from St. Moritz. Near here is an ice cave cut out of the Morteratsch glacier. The cost of cabs is very high, a remark which applies throughout the Engadine. The principal hotel is the *Roseg*, with 200 beds, kept by Mr. Zambail, and this is the favourite rendezvous of English visitors; it is well managed, beautifully situated and well conducted. The *Hotel Kronenhof* is also a large first-class hotel. The *Hotel Enderlin* is in a fine situation. There are also the *Hotel Bernina*, *Weisses Kreuz*, *Languard*, *Muller*, *Pontresina*, *Saratz*, and *Steinbock*; some of them are exclusively German in every detail, and few English visitors ever patronize them.

Banker : Mr. A. Gredig.

Pontresina will well repay the trouble of a visit, and it is preferred by many to the more developed localities of the Engadine.

Ponts (Les).—Switzerland, Canton of Neuchâtel.

Cold sulphate of lime waters.

A fairly frequented station.

Popoli.—Italy, Abruzzi, between Pescara and Aquila.

Sulphurous ferruginous waters, not thoroughly analysed; used in drinking and bathing.

Special indications : Rheumatism, skin diseases, uterine and intestinal affections, chronic vesical catarrhs.

No bathing establishment. The springs being close to the town, visitors reside here and walk or drive to the baths.

Porla.—Sweden.

Cold ferruginous waters.

One of the principal ferruginous springs of the country (protoxy-carbonate of iron).

Porla is frequented by patients suffering with stomachic disorders and chlorosis.

Accommodation excellent, both as regards board and residence and the establishment.

Porla mineral water is sent out in large quantities all over the country.

Doctor: Dr. Lennmalm.

Pornic.—France, Department of Loire Inférieure, opposite the Island of Noirmoutiers.

Sea baths, fine sandy beach; a good establishment, having a casino, with concert, reading, and assembly rooms.

Porretta (La).—Central Italy, between Pistoia and Bologna.—*See* LA PORRETTA.**Port Bail.**—France, Department of La Manche, *viâ* Valognes.

Sea baths, sandy beach.

Porte.—France, Corsica.

Ferruginous bicarbonate waters, 35° F.

Port-en-Bessin.—France, Department of Calvados, *viâ* Bayeux.

Sea baths, very fine beach.

Portland.—England, south coast.

Sea baths.

Very salubrious climate.

Doctors: Drs. Baker, Drummond, Lanson and Lilley.

Portobello.—Scotland, a suburb of Edinburgh.

Sea baths, firm sandy beach; ferruginous waters at Joppa.

Climate bracing.

Doctor: Dr. Balfour.

Portovia.—Spain, province of Galicia.

Sulphurous waters, 100° F.

No establishment, and little used.

Port Rush.—Ireland, County of Antrim.

Sea baths, sandy beach, pure air.

Doctor: Dr. Gibson.

Pörtschach.—Austria, Karinthia; 1,400 feet above the sea level.

Climatic air station and lake baths.

Very mild climate and beautiful scenery.

Doctor: Dr. Leopold.

Port Stewart.—Ireland, county of Londonderry.

Sea bathing, sandy beach, air bracing.

Season : June—September.

Port Thareau.—France, Department of Nièvre.

Cold ferruginous bicarbonate waters.

Portugalete.—Spain, province of Vizcaya, nine miles from Bilbao, and at the mouth of the river Nervion.

Sea baths, sandy beach but dangerous at high water; the bathers mostly cross the river and bathe in Las Arenas.

Frequented by upwards of 1,700 visitors. The society is select, and sojourn here very agreeable.

Portugos.—Spain, province of Granada.

Cold ferruginous bicarbonate waters. Much used by the surrounding peasantry.

Poschiavo.—Switzerland, Canton of the Grisons; 2,300 feet above sea level.

Cold sulphurous waters.

A well-appointed establishment.

Pötschnig.—Austria-Hungary, one hour from Oedenburg.

Alkali-saline, ferruginous waters, 55° F.

Special indications : Affections of the spinal cord, nervous debility, hysteria, spleen and liver complaints.

The establishment is good, and has comfortable accommodation; moderate prices. The site is charming.

Potsdam.—Germany, Brandenburg, near Berlin.

Cold ferruginous bicarbonate waters.

Doctors : Drs. Basdorff and Pierre.

Pougues.—France, department of Nièvre, near Nevers; 1,450 inhabitants; 700 feet above the sea level. For routes see table.

Effervescent, slightly alkaline and ferruginous waters, contains some magnesia, 55° F. The spring is called the St. Leger, and is diuretic, aperient and tonic; is largely used as a table water. Hot and cold douches; sitz baths with running water; carbonic acid gas baths. Climate mild and steady.

Pougues possesses celebrated china factories.

Season : 15th May to 1st October.

Post and Telegraph Office.

English Church service.

Doctors : Drs. Bovet (Inspector), Logérais. and Janicst.

Hotels : Parc and France.

Pouillon.—France, Department of Landes, near Dax.

Saline waters, 50° F.

Special indications : Rheumatism, scrofula, ague.

Doctor : Dr. Landry.

Pouliguen.—France, Department of Loire Inférieure, near Savenay.
Sea baths, sandy beach.

Pouroille.—France, Department of Seine Inférieure.
Sea baths.

Pozo-Amargo.—Spain, province of Sevilla, near Moron de la Frontera.
Sulphurous springs, 50° F.

Pozzuoli.—Italy, near Naples, on the road to Bajä.
Sulphurous saline waters, 80° F.

Special indications: Gout, rheumatism, scrofula, skin diseases.

Establishments open all the year; in the vicinity are the
"Stufe di Nerone." (See these.)

Prades-Vernet.—France, Department of Ardèche, near Vals.
Bicarbonate of iron water, effervescing.

Preblau.—Austria, Carinthia, near Wolfsberg.
Alkaline waters. The waters are only exported.

Season: May—October.

Special indications: Chronic stomachic catarrhs, pyelitis, gravel, and vesical catarrh.

Doctor: Dr. Bancalari.

Préchac.—France, Department of Hautes Pyrenées, near Dax.
Cold saline waters, 130° to 140° F. Mud baths.

Small establishment. The surrounding country being much exposed to inundations, the town is little visited.

Prague, or Prag.—Capital of Bohemia. From Paris, *via* Strasburg, Kehl, Wurzburg, 38 hours. 161 fr. 1st class.

Prague stands on both banks of the Moldau, and is the second city in the German provinces of Austria. It is a town of great antiquity, and possesses quite an Oriental look.

OBJECTS OF INTEREST: The Hradschin, or Royal Palace on the hill, Cathedral of St. Vitus, Palace of the Grand Duke of Tuscany, the Carolinum is the oldest university in Germany, Clementinum or university for theology, Tihen Church, Town Hall, Museum, Library, Military Hospital, House of Correction, Lunatic Asylum, Wisserad, Czernin Palace, Wallenstein Palace.

CABS: Two horses, 1 fr. 25 c.; half a day in the town, 10 fr.

Post-office and Telegraph: At the station.

Hotels: Blue Star, Golden Angel, Stadt Wien, de l'Angleterre, Kaiser von Oesterreich.

Prattigau, or Landquart Valley, is the name of a valley near Landquart, where are situated the following health resorts:—

Seewis, a climatic air station, 3,000 feet (railway station).

Valzeina, 3,500 feet, station Felsenbach.

Schiers, 2,700 feet, railway station.

Fideris, 3,000 feet (railway station), with ferruginous spring and baths.

Serneus, 3,500 feet, sulphurous spring.

Klosters, climatic air station, 4,000 feet (railway station).

Davos-Platz (*see article*).

Davos-Dorfl (*see article*).

Frauenkirch, 4,000 feet, south of Davos.

Clavadel, 5 000 feet, sulphurous springs.

Spinabad, 4,700 feet, sulphurous springs.

Coire, 1,900 feet.

Sassal, with saline spring.

Passug, 2,700 feet, bicarbonate of soda spring and iron ; three good springs.

Castiel, 3,700 feet, saline spring.

Arosa, 6,000 feet, climatic air station (railway station).

Churwalden, 4,000 feet, near Coire.

Parpan, 4,000 feet.

Tiefenkasten, sulphate of soda spring.

Solis, sulphurous spring.

Alvanen, 2,800 feet, sulphurous spring.

Wiesen, 4,200 feet, near Davos.

Bergün, 4,200 feet, ferruginous water.

Schweiningen, climatic air station.

Muhlen, milk cure.

Rothenhümen, carbonate of lime and magnesia spring.

Thusis, 2,500 feet, climatic air station.

Andeer Pignieu, sulphurous and ferruginous spring.

Spugen, 4,700 feet, climatic air station.

San Bernardino, 5,400 feet, lime and magnesia spring.

Prelo.—Spain, province of Oviedo, near Boal.

Alkaline cold waters.

Special indications: Herpes, scrofula, syphilis, intestinal obstructions.

The establishment is not entirely up to the requirements of modern balneology. The accommodation is good and very cheap.

Doctor: Dr. Langurjo.

Prenzlau.—Germany, Prussia, province of Brandenburg, Uckermark.

Effervescent ferruginous waters.

The establishment is good, and much frequented by the people of Berlin.

Doctors: Drs. Everth and Giese.

Pré St. Didier.—Italy, Sardinia, Val d'Entrèves ; 3,110 feet above sea level.

Saline earthy waters, 95° F.

A good establishment. The water is used only in baths.

Preste (La).—France, Department of Pyrénées Orientales, on the route from Perpignan to Amelie les Bains.

Inert waters, from 90° to 105° F.

Special indications: Diseases of the urinary organs, gravel and catarrh of the bladder.

Very efficacious, but insufficiently known.

The establishment is good, the site picturesque, and the vegetation luxurious.

Pretiolo.—Italy, Tuscany, Valley of the Cecina.

Sulphurous waters, 110° F.

Formerly in great repute; it is now little visited. The establishment is old.

Prodersdorf.—Hungary, comitat of Oedenburg.

Sulphate of lime waters, 60° F.

Special indications: Rheumatism, herpes.

Promontonio, or Promontogno.—Switzerland, Grisons, 1½ hour's drive from Chiavenna, 16 miles from Maloja; altitude, 2,800 feet.

Climatic air station.

In the midst of grand mountain scenery.

Spring and autumn season.

Hotel: Bregaglia.

Doctor: Dr. Zendralli.

Prompsad.—France, Department of Puy de Dôme, near Riom.

Lithium and phosphate of iron waters, 50° F.

Propiac.—France, Department of Vaucluse, near Merindol.

Sulphate of lime waters.

Provins.—France, Department of Seine and Marne, 2½ hours from Paris.

Cold ferruginous waters.

There is a good establishment.

Prugues.—France, Department of Aveyron, near Comares.

Cold bicarbonate of iron waters.

Prutzerbad.—Austria, Tyrol, Upper Inn Valley.

Alkali-saline waters. Effervescent.

Long used, but never properly worked.

Psekups-Springs.—Russia, Caucasia, near Eisk and Jekatherinodar.

Sulphurous waters, 65° to 140° F.

The country is very charming, and the place much frequented. The establishment is good and well-appointed.

Puda (La).—Spain, province of Barcelona.

Sulphate of lime and saline waters, 70° F.

Special indications: Herpes, scrofula, bronchial catarrh.

Very well-appointed establishments and good accommodation.

Doctor: Dr. Gongona y Joanico.

Puentenansa.—Spain, province of Santander, near Barquera.

Sulphurous waters, 55° F.

Special indications: Inveterate ulcers, skin diseases, scrofula, nervous stomachic pains, chronic rheumatism, gout, chronic hepatitis and paralysis.

There are only very primitive arrangements.

Puente Viesgo.—Spain, province of Santander, near Torrelavega.

Saline waters, 85° F.

Special indications: Rheumatism.

A fine situation, with a well-frequented bathing establishment.

Doctor: Dr. de Rugama.

Puertolano.—Spain, province of Ciudad-Real.

Ferruginous bicarbonate waters, 50° F.

Special indications: Dyspepsia and diseases of the uterus.

Doctor: Dr. Mestre y Marzal.

Putbus.—Germany, Pommerania, island of Rügen.

Sea baths, with a good beach and surf.

Doctors: Drs. Brasch and Bengelsdorf.

Püllna.—Austria, Bohemia, near Brück.

Bitter waters. Prize medals: Universal Exhibition of Philadelphia, 1876; Paris, 1878; Sydney, 1879; Melbourne, 1880; London, 1881; Eger, 1881; Trieste, 1882; Vienna, 1883; Amsterdam, 1883; Calcutta, 1883-4; 1st Class diploma and silver medal; Teplitz (1884), first prize.

One of the best and mildest preservatives and remedies against diseases of the digestive organs, constipation, congestions, liver and bladder complaints, nervous disorders, obesity, diseases of the eye, headache, giddiness, dyspnoea, gastritis. In warm milk or sparkling mineral water, when rising in the morning or at night before retiring to bed.

There are no bathing or drinking establishments at Püllna, the whole range of buildings being adapted only for bottling the water. Treatment is not carried out at Püllna itself.

The water can be obtained from all chemists and mineral water merchants; at Püllna from the Direction; and in London, from Messrs. Ingram & Royle and Messrs. Best & Sons, agents for the Company.

Puzzichello.—France Corsica, Arrondissement of Corte.

Two springs, one sulphurous and the other ferruginous.

Small establishment, where mud baths are also administered.

Special indications: Skin diseases and hæmorrhoidal affections.

The scenery is charming, and a sojourn agreeable but quiet.

Puzzola di Pienza.—Italy, near Pienza.

Sulphate of iron waters—effervescent.

No establishment.

Pwllheli.—Wales, Carnarvonshire.

Sea baths, fine sandy beach. Climate mild.

Season : June—September.*Doctors* : Drs. Hughes, Edwards and Griffiths.**Pyrawarth.**—Austria, Lower Austria, two hours from Vienna.

Chalybeate waters. Climatic station.

Season : May—October.

The establishment is very elegant, and is situated in a beautiful park. The Kurhaus is close by, and has ball, theatre, concert and reading rooms.

The scenery is very charming, and the end of a visit is generally looked to with regret.

Doctor : Dr. Brée.**Pymont.**—Germany, Principality of Waldeck-Pymont, on the Emmer, near Hanover, 2,000 inhabitants. For routes see table.

Chalybeate waters of importance and considerable reputation; effervescent saline waters, brine baths, inhalations.

There are seven springs, resembling those of Kissingen and stronger than Schwalbach or St. Moritz. The terms here are moderate.

Special indications : Female complaints, especially anæmia, chlorosis, scrofula, stomachic and intestinal catarrhs.

*English Church.**Post and Telegraph Office.**Dentist* : H. Brandt.

Doctors : Drs. Gruner, Lyncker, Marcus, Menke, Seeböhm &c.

Hotel : The Grand Hôtel des Bains.**Queenstown.**—Ireland, county Cork.

Sea baths, good sandy beach. Climate mild and equable.

Season : June—September.

Doctors : Drs. Bucknell, Brown, Allen, Edwards, Hodges, Cronin and several others.

Querzola.—Italy, Parma, near Reggio, at the foot of the Apennines.

Alkali-saline waters, mud baths.

Primitive arrangements.

Quez.—France, Department of Pyrénées Orientales, near Latour.

Sulphurous waters, 65° F.

No establishment, and little used.

Quinéville.—France, Department of La Manche, *viâ* Valognes.

Sea baths, sandy beach.

Quinto.—Spain province of Saragozza, on the right bank of the Ebro.

Saline earthy bitter waters, 60° F.

Special indications: Affections of the digestive organs, syphilis, rheumatism, skin diseases.

A well-attended station.

The situation is lovely; the establishment modern and elegant. There is ample accommodation for every class of visitor.

Doctor: Dr. Iborra.

Rabbi.—Austria, Tyrol, Valley of Rabbi, near Trient; 2,800 feet above sea level.

Cold ferruginous waters. Whey cure.

The establishments are elegant and comfortable, and the accommodation abundant.

Rabka.—Austria-Hungary, Galicia, near Makow.

Iodo-bromurated saline waters, very effervescent.

The establishments are not entirely in accordance with modern requirements. The place, however, is much frequented.

Doctor: Dr. Kopernicki.

Raddusa.—Italy, Sicily, near Catania.

Sulphurous and saline waters.

Little used, and scarcely known beyond the immediate neighbourhood.

Radegund.—Austria, Styria, near Graz, 2,300 feet above sea level.

Hydropathic establishment; whey cure.

Season: March—November.

Doctor: Dr. Novi.

Radeberg.—Germany, Kingdom of Saxony, one hour from Dresden.

Earthy saline ferruginous waters and mud baths.

Season: June—October.

The establishments are fitted with all modern requirements. The accommodation is comfortable and moderate in price. The situation is picturesque, and the walks and drives are numerous and well kept.

Doctor: Dr. Dillner.

Radein.—Austria, Styria, three hours from Gleichenberg.

Saline, iodo-bromurated waters, largely exported

The water-drinking establishments are modern, and the accommodation good.

Doctor: Dr. Klementsich.

Ragatz.—Switzerland, adjoining Pfaeffers; 1,700 feet above sea level.

Supplied by the waters of Pfaeffers (which see).

Ragatz is picturesquely situated in Switzerland, on the railway leading from Landquart to Chur and Davos-Platz, near to the entrance of the Prattigau Valley. The village is entered

by a pretty approach through a chesnut avenue lighted with arc electric lamps. It is supplied by the mineral waters of Pfaeffers, which rise about three miles away (*see* Pfaeffers). The mineral waters appear to have no special ingredients, although they are thermal, and have 98 degrees of heat, three degrees of which are lost *en route* from Pfaeffers to Ragatz. The season is from May 15th to October 15th. There are two large hydropathic establishments, both of which are usually crammed full all the season—these are the *Quellen Hof* and the *Hof Ragatz*; each accommodates about 300 visitors, and are conducted on the lines of first-class hotels; each of these establishments has “dependencies,” in one of which the Queen of Roumania is fond of residing. The main, and it might be said *only* cause of the therapeutic efficacy of this spring is undoubtedly the heat of its water; for four centuries a belief has existed that there is a mysterious “something” connected with this heat, but modern science has failed to discover what it is; some have advanced a theory that all heat is not the same, and that the source of the production of heat has something to do with certain characteristics it possesses, which characteristics science is unable to treat upon—at all events it is claimed that the heat of the Pfaeffers water has therapeutic and physiological effects peculiarly its own, and thousands, in this belief, visit Ragatz every year; and not only that, they are cured and relieved by hundreds. Nor is this astonishing when it is looked into, for the early hours, restricted and regulated exercise, regularity of habits, constant bathing, &c., &c., prescribed by the Ragatz doctors for those who have come there to live “by rule,” after living otherwise for the rest of the year must have a good effect upon them. Ragatz has an increasing number of English visitors yearly, and there are in the United Kingdom thousands who can and do speak well of the place. The Swedish Gymnasium, which is one of the finest on the Continent, enters largely into the treatment; machines for the passive movements of the joints are worked by electric motors—electricity is abundant and cheap at Ragatz, where millions of horse-power could be obtained by means of water wheels if required. The electric light is universally used, and next year it is contemplated to heat the hydropathic establishments with electricity, cook with it, and use it in numberless ways. The Spa physicians are Drs. Bally, Jager, Dormann, and, in spring, Dr. Holland, from St. Moritz. Dr. Bally speaks excellent English, and resides there all the year round. Massage is extensively used. It is claimed that, practically, the Ragatz waters cure “all diseases,” so that a list of them is unnecessary in this work. Visitors should read a well-written book by Dr. A. Schaedler (published by Scheitlin &

Zollinkoffer, of St. Gall) ; it goes into the properties of the Ragatz waters most fully, gives valuable local information, as well as the various ingenious theories, propounded from time to time, which are said to be connected with the healing properties of the water, and the stimulating and tonic effect of the air.

Rajecz-Teplitz.—Hungary, comitat of Trentschin, near Sillein ; 1,300 feet above sea level.

Mixed waters, 80° to 95° F., containing alum and iron.

A well-frequented station. The site is charming.

Doctor : Dr. Telek.

Rakós.—Austria-Hungary, Transylvania, district of Csik.

Effervescent ferruginous waters, used only by the peasantry.

Ramleh.—Egypt, on the Mediterranean, North-East of Alexandria.

A summer station for patients desirous of remaining in Egypt during the hot season.

Doctor : Dr. Cresswell.

Hotel : Beau Séjour.

Ramlösa.—Sweden, near Helsingborg, four miles from Copenhagen.

Ferruginous spring and sea baths.

Hydropathic establishment.

Ramlösa has an exceedingly charming situation, surrounded by shady beech woods.

Climate mild, and mildly bracing.

Establishment exceedingly well arranged. On the Sound there is a cold bath establishment. Favourite resort for tourists.

Doctor : Dr. Claus.

Ramsach.—Switzerland, in Basle district.

Climatic health resort.

Ramsay.—England, Isle of Man, on the North-East coast.

Sea baths ; sandy level beach.

Climate healthy and bracing.

Season : June—September.

Doctors : Drs. Clarke, Wilson, Davis, Gill, &c.

Hotel : The Albert.

Ramsgate.—England, Kent.

Sea baths, sandy beach. Climate warm and bracing.

Season : June—September.

Doctors : Drs. Curling, Field, Halstead, and many others.

Hotel : The Albion.

Randamel.—Iceland, district of Vestfirðinga-Fiordunger.

Ferruginous waters; 45° to 60° F.

The most frequented of any springs in Iceland.

Ranigsdorf.—Austria, Moravia, district of Ollmütz, near Trübau.

Efferrescent ferruginous waters.

The establishment is good.

Ransbad.—Switzerland, Canton St. Gall, near Sevelen.

Earthy waters. Little used.

Rapolano.—Italy, Tuscany, on the road to Siena.

Thermal saline sulphurous springs, 95° F.

Season : July—August.

Special indications : Herpes, gravel and vesical calculus.

A well-frequented station.

Rapallo.—Italy, Riviera di Levante, 1½ hours from Genoa; 11,000 inhabitants.

Winter station.

Hotel : *Grand Hotel de l'Europe, Hotel Rapallo et Posté.*

Rappenau.—Germany, Baden, on the road from Heidelberg to Heilbronn.

Saline waters.

Doctor : Dr. Wurzbürger.

Rastenberg.—Germany, Thuringia.

Chalybeate waters.

Special indications : Scorbutus, dropsy, disorders of the blood, gout, rheumatism, hysteria, hypochondriasis.

Also saline, sulphur, and pine-cone sap baths.

Doctor : Dr. Grebner.

Hotels : *Bath, Kurhaus.*

Ratzes.—Austria, Tyrol, five hours from Botzen.

Ferruginous and sulphurous waters.

The climate being somewhat severe, the place is little frequented.

Ravone-in-Casaglia.—Italy, province of Bologna, near Modena. For routes see table.

Saline strongly iodurated waters; used in bathing and drinking.

Notwithstanding the fact that there is no bathing establishment, the place is much frequented for the beauty of its environs.

The waters are said to be superior to those of Montecatini.

Real Casa de Campo.—Spain, near Madrid.

Chalybeate waters, 45° F.

Special indications : Chronic affections of the abdominal viscera, mucous membrane, lymphatism, scrofula.

Recklinghausen.—Germany, Prussian province of Westphalia, district of Münster.

Saline waters.

The establishment is good, and situated in the midst of pine and beech woods. Very quiet.

Doctors: Drs. Drecker and Reimer.

Recoaro.—Italy, Lombardy, province of Vicenza; 6,000 inhabitants; 1,470 feet above sea level. Railway to Vicenza, thence by steam tramway.

Alkaline, acidulated ferruginous waters, 45° F., and mud baths.

Special indications: Chronic and nervous debility, female diseases, obesity, anæmia, chlorosis, gravel and vesical calculus, congestion of the liver, biliary calculus, hæmorrhoidal complaints, intestinal and stomachic catarrhs.

Post and Telegraph Office close to the bathing establishment.

Doctors: Drs. Chiminelli and Schivardi.

Hotels: The *Grand Hôtel des Bains*, A. Visentini; *Hôtel Giorgetti* and *Hôtel de l'Europe*.

Redcar.—England, Yorkshire, on the North Sea, near Guisborough.

Sea baths; flat sandy beach.

Season: May—September.

Doctor: Dr. Bennett.

Rede de Corvaçeira.—Portugal, province of Traz os Montes.

Sulphurous waters, 105° F.

Primitive establishments.

Redruth.—England, Cornwall.

Saline and sulphate of lime waters; very rich in lithium.

Doctors: Drs. Carlyon, Harold, &c.

Refsnaes.—Denmark, near Kallundborg.

Sea baths.

Refsnaes is the chief seaside hospital of the north for the treatment of scrofulous children.

Mild and pleasant climate.

Doctor: Dr. Schaepden.

Regneville.—France, Department of La Manche.

Sea baths; sandy and shingly beach. Oyster beds.

Rehburg.—Germany, Hanover, near Wunsdorf.

Cold carbonic and sulphate of lime waters. Mineral and mud baths.

Doctors: Drs. Michaelis and Kaatzer.

Hotel: *Kurhaus*.

Rehetobel.—Switzerland 2,900 feet above sea level.

Summer health resort.

Doctor: Dr. Niedern.

Rehme.—Germany, Westphalia, on the railway from Cologne to Berlin.

Saline waters, 75° F.

Inhalation hall; very fine Kurhaus.

Reiboldsgrün.—Germany, Saxony, near Auerbach; 2,100 feet above sea level.

Climatic mountain station and ferruginous waters.

The establishment and accommodation are good.

Doctor : Dr. Driver.

Reichenau.—Austria, 2½ hours from Vienna by South Austrian Railway.

Climatic station in summer; whey cure; hydropathic establishment.

The establishment is thoroughly well fitted up; situated in a fine park, and contains concert, assembly, and reading rooms. It likewise affords comfortable accommodation.

Doctor : Dr. Siegl.

Reichenhall.—Germany, Upper Bavaria, four hours from Munich; 1,400 feet above sea level. For routes see table.

Saline waters, with 24 per cent. of saline contents.

The most important and most celebrated health resort in the Bavarian Alps, beautifully situated near Berchtesgaden and the Königs See.

The number of visitors is about 30,000, and the season lasts from May to October.

Special indications: Diseases of the respiratory organs, scrofula, gout, female complaints, &c.

Saline and mud baths, moor baths, whey cure. The Establishment contains excellent inhalation rooms and pneumatic chambers, and all appliances for the Swedish system of curative gymnastics, as well as for the cure by hydropathy. There is also an apparatus for treatment by compressed air. The surroundings are very charming and the country picturesque, affording numerous opportunities for excursions.

Reichenhall is in a central position for excursions into the High Alps.

Doctors : Drs. Bulling, Von Liebig, Pachmayr, Rapp, &c.; about 14 in all.

Hotels : Kurhotel, Burkert, Louisenbad.

Reignier.—Switzerland, near Geneva.

Climatic health resort.

Doctor : Dr. Goy.

Reinbeck.—Germany, Holstein, half hour by rail from Hamburg.

Hydropathic establishment.

The "Sophienbad" is well fitted, surrounded by a large garden and park. The environs are very wooded.

Doctor : Dr. Hennings.

Reinerz.—Germany, Silesia; 1,750 feet above sea level; near Nachod.

Alkali-saline ferruginous waters, 20° to 45° F.

The climate materially assists the waters in cases of general debility.

Everything is well-appointed.

Doctor : Dr. Hilgers.

Remollon.—France, Department of Hautes Alpes, near Embrun.

Carbonate of lime and sulphate of magnesia springs; 7 grs. of mineralisation.

Renaison.—France, Department of Loire, near Roanne, near St. Alban and St. Galmier.

Mixed bicarbonate waters, only for table use.

Renlaigue.—France, Department of Puy de Dôme.

Cold ferruginous waters, more effervescent than the Orezza waters.

Rennes-les-Bains.—France, Department of Aude, near Limoux; 1,000 feet above sea level.

Sulphate of lime and magnesia ferruginous waters. Five springs, from 30° to 130° F.

Special indications: Atony, paralysis, rheumatism, ankylosis, scrofula, lymphatic affections.

Well appointed.

Very mild climate. The place is charmingly situated, and is a much-frequented station.

Requena.—Spain, province of Cuenca.

Alkaline-saline and slightly ferruginous waters.

There is no establishment, and the waters are used in the most primitive fashion.

Retorbido.—Italy, Piedmont, province Volghera.

Saline sulphurous waters, 50° F.

Special indications: Hypertrophy of liver and spleen, scrofula, lithiasis, skin diseases.

The establishment is inadequate to the requirements of the place.

Reutlingen.—Germany, Württemberg, near Stuttgart; 1,170 feet above sea level.

Cold sulphurous bicarbonate waters; whey cure.

Insufficient arrangements.

Doctors : Drs. Steinacker and Appenzeller.

Reyrieu.—France, Department of Ain, near Trévoux.

Strong sulphurous and ferruginous waters.

Rheinfelden.—Switzerland, near Basle; 1,000 feet above sea level. 2,300 inhabitants.

Chloride of sodium waters, containing carbonic acid gas.

Near here are *Mumpf* and *Laufenbourg*.

The establishments are good, and fair accommodation can be had.

Doctors : Drs. Bossart, Keller and Wieland.

Rhyl.—Wales, Flintshire, near Chester.

Sea baths; hard sandy beach; climate mild.

Concerts on pier and promenade.

Season : June—September.

Hotel : *The Westminster*.

Doctors : Drs. Griddlestone, Jones, Lloyd, Prichard, Smith, Summerhill and Thomas.

Riando.—Italy, Piedmont, on the Volturno.

Saline waters.

The establishment is of the most primitive kind.

Riedbad.—Switzerland, Canton of Appenzell; 2,610 feet above sea level; half-hour from Appenzell.

Alkali-saline sulphurous waters.

Were used so long ago as the 16th century; the establishment is good.

Doctor : Dr. Schlumpf.

Riederalp.—Switzerland, North-West of Brigue, near the village of Moerel; altitude, 7,000 feet.

Climatic air station.

Riederfurka.—Switzerland, near Riederalp.

Climatic air station.

Rietbad.—Switzerland, Canton St. Gall; 2,700 feet above sea level; station at Ebnat.

Alkaline sulphurous waters.

Near here are *Kappel*, *Schmeriken*, *Rappenswyl* and *Kuranstaad*.

Rietenau.—Germany, Württemberg, near Marbach.

Effervescent saline earthy waters.

The establishment and accommodation are good.

Rieumajou.—France, Department of Hérault, near Salavat.

Several cold bicarbonate of lime springs.

Special indications : Affections of the urinary organs, dyspepsia.

Rigi Scheideck.—Switzerland, on the Lake of Lucerne; 5,073 feet above sea level.

Ferruginous waters.

Alpine air cure; goats' and cows' whey. More frequented for its beautiful scenery.

Riga.—Russia, on the Baltic.
Sulphurous waters, 35° F.
The establishment is fairly good.

Rigi.—Switzerland.
On this mountain are several health resorts and mineral springs. They are at *Rigi Kaltbad* (Dr. Zoeslin), *Rigi Firsts*, *Rigi Kulm*, *Rigi Staffel* (Dr. Eberhardt), *Rigi Scheideck*, *Rigi Klosterli*.

Biguardo.—Italy, valley of the Era.
Ferruginous muriatic waters, 55° F.
The establishment is inferior, but the place is well-frequented.

Rima-Brezó.—Austria-Hungary, comitat of Kaschau.
Effervescing ferruginous waters.
Used in primitive fashion.

Rimini.—Italy, on the Adriatic; rail from Bologna to Ancona.
Sea bathing; sandy beach.
Season : June—October.
Splendid and well-appointed bathing establishments. Very healthy climate. It is the seaside resort of Italian society.

Rinderwald.—Switzerland, Bernese Oberlynd.
Sulphate of lime springs.
Near here are Adeboden, Bonderbach and Kandersteg—all health resorts.

Bio.—Italy, Island of Elba.
Sulphate of iron waters, 65° F.
There is no establishment, and the bathing appliances are very rough.

Riolo.—Italy, province of Ravenna, near Castel Bolognese, $\frac{1}{4}$ -hour from Bologna, $\frac{1}{4}$ -hour carriage from Castel Bolognese; 760 feet above sea level.
Chalybeate, sulphurous and saline waters; several springs; hydropathic establishment; inhalation.

Season : June 15th—September 15th.

Special indications: Chlorosis, leucorrhœa, vesical disorders, when not connected with organic diseases, for the chalybeate springs; affections of larynx and pharynx, chronic affections of the skin, gout and rheumatism for the sulphurous; stomachic, intestinal and female complaints for the saline waters.

The bathing establishment is one of the best in Italy, and is fitted with all modern appliances. It is situated in a large park, surrounded by villas and gardens. The resinous atmosphere of the pine forests on the surrounding hills is very suitable to patients suffering from chest and lung affections, or nervous disorders.

Hotels and villas, as also the establishment, afford abundant and comfortable accommodation at moderate prices. Highest inclusive charge, 12 fcs. per day.

The village is *clean*, and picturesque as are all Italian country places. Promenades and excursions are abundant.

Post and Telegraph office.

Yearly number of visitors, 5,000.

Concerts, illuminations, fêtes champêtres, &c., are the chief amusements.

Rio-Mayor.—Portugal, Estremadura, near Santarem.

Cold saline springs.

Rio-Meo.—Italy, district of Vernio.

Alkaline waters.

Primitive arrangements.

Rio-Real.—Portugal, Estremadura.

Sulphurous waters, 60° F.

Rio-Sordo.—Italy.

Saline waters.

Inadequate arrangements.

Rio-Tinto.—Spain, province of Huelva.

Sulphate of iron waters, 14 grs. of mineralisation.

The proximity of copper and iron mines explains the mineralisation of these waters.

Doctors: Drs. Courteen and Ross.

Rio-Vinagre.—South America, New Granada, Boyaca; 9,800 feet above sea level, at the foot of the volcano.

Thermal waters, 175° F., containing sulphuric acid 1.11 gr., hydrochloric acid 0.91.

These waters are analogous to those of the Paramo de Ruiz.

Rippoldsau.—Germany, Baden, in the Black Forest; about 2,000 feet above the sea level. For routes see table.

Saline chalybeate waters, very effervescent, containing sulphate of magnesia in large quantities; whey cure, milk cure and hydropathy. Climatic station of first importance, owing to the surrounding pine woods. The water is exported.

Season: May 15th—September 30th. Number of visitors annually from 2,000 to 3,000.

Special indications: Indigestion, dyspepsia, disorders of the stomach, plethora abdominalis, hæmorrhoids, constipation, hepatic disorders, nervous complaints, hypochondria, hysteria, asthma, anæmia and chlorosis, general debility, irregular menstruation, glandular swellings, intestinal obstructions, gout and rheumatic affections of the mucous membrane.

The situation of Rippoldsau is very charming, at the foot of the Kniebis, the highest mountain in the Black Forest. The scenery is wild and romantic, precipices, ravines and waterfalls,

alternate with meadows and pleasant homesteads, on the borders of an ubiquitous pine forest. Rippoldsau is one of those spots which, though easy enough of access, convey to the visitor the sensation of being at an infinite distance from the turmoil of cities and civilised life. Though nature has so amply provided for this beautiful spot, art has also aided. The gardens, avenues of trees, parks and walks over the hills have been laid out with great care and skill. All things considered, Rippoldsau is the spot in which to pass a few weeks in summer, for rest and retirement, apart from all considerations of health.

Rippoldsau is a small village with 820 inhabitants, who still dress in the picturesque Black Forest costume, and the whole place gives an idea of rural simplicity scarcely to be found, perhaps, elsewhere. The avenue of limes in front of the baths is the rendezvous of visitors.

Some portions of the bathing establishment are modern, while others preserve their original and archaic characters.

The excursions are very varied, and extend through the whole Black Forest. Amusements are likewise provided for; a Bohemian band plays three times daily. The buildings are all connected by covered passages, and communicate by means of electric bells. They contain large dining-rooms, ladies' room, music, coffee, reading, smoking and billiard rooms, and a large lawn tennis ground. The whole is lighted by petroleum gas. Balls and dances are given from time to time.

Post and telegraph office in the hotel.

Doctor: Dr. Siegfried.

Rita.—Italy, island of Ischia.

Ferruginous alkali-saline waters, 155° F.

Excellent water, but nothing has been done to attract visitors. No establishment.

Riva.—Austria, Tyrol, on the Lake of Garda.

Climatic station.

Season: Spring and autumn.

The climate is windy and changeable; the scenery around is picturesque. This station is little frequented.

Riva-los-Baños.—Spain, province of Logroño, near Torrecilla de Cameros.

Saline Alkaline waters, 70° F., contains a little iron.

Special indications: Dyspepsia, gastralgia, liver and spleen affections, chlorosis, anæmia, vesical catarrh, calculus.

The establishment is modern, and situated in a large park. The accommodation is cheap and good.

Doctor: Dr. Menendez Tejo.

Rivera.—Spain, province of Jaén.

Sulphate of lime waters, 45° F.

Special indications : Skin diseases.

Roccabigliera.—France, Department of Sea Alps, near Nice, on the left bank of the Vesubia.

Sulphate of lime waters, 80° F.

The arrangements are very primitive, and little is done to attract visitors.

Rocca San Felice.—Italy.

Alkali-saline waters, 95° F.

The establishment is very inadequate.

The waters are used internally and externally.

Rodenberg.—Germany, Hesse-Nassau.

Saline waters, brine baths, 60° F.

The establishment is tolerable, and the accommodation moderate.

Doctors : Drs. Barnemann and Neussell.

Rodna.—Austria-Hungary, Transylvania, on the frontier of Moldavia.

Highly effervescing alkaline ferruginous waters, 7 grs. of mineralisation. Exported.

Special indications : Catarrhal affections, anæmia, chlorosis.

Good arrangements, and comfortable accommodation at moderate rates.

Roggendorf.—Austria, Danubian Provinces.

Sulphate of sodium and magnesia waters ; purgative action.

Rohitsch.—Austria, Styria, on the Croatian Frontier in the Noric Alps.

Cold effervescent saline ferruginous waters. Exported.

Special indications : Intestinal atony and mucous catarrhs.

Very good arrangements. The site is picturesque.

Doctors : Drs. Glax and Hoisel.

Hotel : Kurhaus.

Rohnau.—Germany, Silesia, district of Landshut.

Ferruginous sulphurous waters.

The establishment is good, and affords comfortable accommodation.

Roigheim.—Germany, Württemberg, near Möckmühl.

Cold sulphate of lime waters.

A small establishment ; very quiet.

Roisdorf.—Germany, Rhenish Prussia, near Bonn.

Cold effervescing alkali-saline and chalybeate waters.

Only for table use and exportation.

Rolle.—Switzerland, Canton of Vaud, on the borders of the Lake of Geneva; 1,600 feet above sea level.

Alkali-saline ferruginous waters.

Special indications: Catarrh of the uterus.

Doctor: Dr. Wattenlee.

Romagna.—Italy, Tuscany.

Thermal mixed carbonic waters, 105° F.

Romanel.—Switzerland, near Lausanne.

Alkaline waters.

Romanshorn.—Switzerland, terminus of the N.E. of Switzerland Railway.

Near here are the following health resorts:—*Arbon, Horn, Rorschach, Bains de Sulgen* and *Bitzibad*.

Rombole.—Italy, Tuscany, near Rappolano.

Sulphate of lime waters, 90° F.

Primitive establishment.

Rome.—Italy, capital, 250,000 inhabitants. For routes see table.

Winter station of first importance.

Season: October to May. Principal months; March to May.

Special indications: Debility and scrofula in children, bronchial chronic catarrh, emphysema. The climate is sedative to the nerves and respiratory organs.

Mean winter temperature 45° to 50° F.; mean barometric pressure, 756·8; relative humidity of the air, 74% in winter; in summer, 57%. The climate is therefore damper than that of the Riviera, and dryer than that of Venice and Pisa. High winds are prevalent during the season. Weather statistics: 92 days with cloudless sky, 81 dull and 72 rainy, out of the 245 days of the season.

Patients arriving in Rome should first consult their doctor before engaging an apartment for the winter; this is essential, on account of the fevers which are endemic in some quarters of the city.

The drinking-water is excellent. The promenades on the Monte-Pincio are well kept, and invaluable to patients requiring outdoor exercise.

Rome is the most celebrated of European cities, alike famous in ancient and modern history. Since 1871 it has been the capital of the Italian kingdom. It is situated on seven hills, on both banks of the Tiber, and 16 miles from its mouth.

OBJECTS OF INTEREST: St. Peter's, Vatican, Lateran, Quirinal, Albani Villa, Borghese Villa and Palace, Barberini Palace, Capitulum Museum, Doria, Orsini and Colonna Palaces, Farnese Villa and Palace, Forum Romanum, Museo Kirchereano, St. Luca, Villas Ludovici and Massimo, Medici Villa, Palatine,

Pamfili Doria Villa, Rospigliosi and Spada Palace, Wolkanski Villa, Colosseum, Capitol, various museums, Tarpeian rock, Column of Trajan, Pantheon, Temple of Neptune, of Æsculapius, Theatre of Marcellus, Baths of Diocletian, Tomb of Hadrian, or Castle of St. Angelo; Basilicas St. Paul, St. Lorenzo, St. Agnes, St. Cecilia, St. Clement, Churches of St. Agostino, St. Angelo, St. Maria, Capucini, St. Lorenzo, St. Maria in Loreto, St. Martino, St. Onofrio.

EXCURSIONS : The Via Appia, Albano, Frascati, Via Latina, Claudian Aqueducts, Temple and Tomb of Bacchus, Palestrina, Mont Tivoli, Hadrian's Villa, Veii, Ostia, Segni, and many others.

CABS : Per course, 80 cts., one or two persons; two horse carriage, 1 fr. 50 c.

Post and Telegraph office : Piazza St. Silvestro.

Chemists : Sinimberghi, Evans & Co., 64, 65 and 66, Via Condotti.

Booksellers : Piale's, Piazza di Spagna; Herm. Loescher, 307, Via del Corso.

Bankers : Vansittart & Co., Piazza di Spagna.

House and Estate Agents : Contini & Donzelli 6, Via Condotti.

Doctors : Drs. Gason, Charles Edmonston, Baldwin, Thompson, Drummond, Poulter. Spurway and Young.

Hotels : The *Quirinal Hotel*, extensive first-class house; very popular; lift; post; telegraph; best and healthiest position in Rome. A. Marroni, proprietor. (*See advt. at end.*)

Grand Hotel Continental, first-class, conveniently situated. (*See advt. at end.*)

The *Hôtel Bristol*, A. Frontini, proprietor.

Römerbad.—Austria, Styria, near Cilli; 760 feet above sea-level.

Inert waters, 95° F. Climatic station in summer.

Equable atmosphere. The establishment is very good, and the situation picturesque. The gardens, parks and roads are well kept, and Römerbad is a favourite resort.

Doctor : Dr Mayrhofer.

Römerbad.—Switzerland, Aargau, near Zofingen; 1,450 feet above sea level.

Earthy-alkaline waters.

Establishment and accommodation are good.

Romeyer.—France, Department of Drôme, near Die.

Cold sulphurous waters.

Die is more frequented for its resin baths than its spring.

Roncegno.—Italy, Trientino.

Ferruginous, highly arsenical waters.

Special indications : Skin diseases.

Doctor : Dr. Goldwurm.

Roncevaux.—France, Department of Sône and Loire.

Ferruginous waters.

Used only by the surrounding peasants in cases of dyspepsia.

Ronneburg.—Germany, Saxe-Altenburg, near Gera.

Iodurated ferruginous waters; pine-cone sap, lime, sulphurous and steam baths. Whey cure.

The establishment is fitted with all modern improvements, and the scenery is romantic. Accommodation good and reasonable.

Doctor: Dr. Finkeisen.

Ronneby.—Sweden, province of Bleckington, near Carlskrona.

Sulphate of iron waters.

Special indications: Debility, anæmia, chlorosis.

One of the richest ferruginous springs in existence. The most frequented of Swedish mineral spas, with arrangements in all respects similar to those in vogue on the Continent. Situation exceptionally picturesque; lovely parks. There are good sea baths. As a health resort it can well compete with popular resorts of other countries, while surpassing them by the excellent technique of the establishment.

Doctors: Drs. Bendz, Neyber, Weidemann and Rietz.

Ronya.—Austria-Hungary, comitat of Neograd.

Effervescent ferruginous waters.

There is an establishment, but the accommodation is indifferent.

Rorschach.—Switzerland, Canton of St. Gall, on the South shore of the Lake of Constance, 4,500 inhabitants; 1,240 feet above sea level.

Climatic station in summer; baths in the lake; Turkish baths. Very pure and equable atmosphere.

Rorschach is a small old town, the foundation of which dates from the 8th century. It is a very favourite summer station and a centre for excursions. The hills and mountains at its back are clad with pine forests, and handsome villas with their gardens surround it to a large extent. There are many quaint old houses, and a museum with a reading-room. Post and telegraph offices near the port. One of the most favoured excursions is by railway to Heiden.

Other excursions may be made to Annaschloss, Möthelischloss, Stone Table, Weinburg, Romanshorn, and Arbon.

In the district of Rorschach are the following health resorts:—

Thal, near Rheineck station; *St. Margarethen*, with a sulphurous spring; *Balgach*, with a ferruginous spring; and *Berneck*, climatic air station.

Doctors: Drs. Dubly, Freuler, Hane, Hemmer, Pauly, Schuler.

Hotel: The *Hôtel du Cerf*.

Roscoff.—France, Department of Finistère.

Sea baths; sandy beach.

A quiet station.

Roselle.—Italy, Tuscany, on the Ombrone, near Grosseto and Siena.

Saline ferruginous waters, 105° F.

Special indications: Arthritic and rheumatic complaints, neuralgia, muscular contractions, rheumatic paralysis.

The establishment is a new and elegant building. The waters were used by the Romans. Accommodation good.

Rosengarten.—Switzerland, near Lichtensteig station.

Climatic health resort.

Doctor: Dr. Maag.

Rosenheim.—Germany, Bavaria, between Munich and Salzburg; 1,370 feet above sea level.

Effervescent ferruginous waters, and climatic station.

The situation is very romantic. The establishment good, affording comfortable accommodation at moderate rates.

Doctors: Drs. Bernhuber and Dirr.

Rosheim.—Germany, Lower Elsass, near Schlettstadt, three hours from Strasbourg.

Mixed carbonate of lithium waters.

Röslibad.—Switzerland, near Zürich.

Earthy alkaline waters, containing alum.

The establishment is thoroughly good, and supplies all varieties of artificial mineral baths.

Rosnau.—Hungary, comitat of Gomör, on the left bank of the Sago.

Sulphate of iron waters; whey cure.

Rosswein.—Germany, Saxony.

Earthy saline and ferruginous waters.

Arrangements rough.

Doctors: Drs. Borner and Wengler.

Rostona.—Italy, near Chianni.

Sulphurous waters.

Special indications: Skin diseases, gravel, and vesical calculus.

The establishment is inferior.

Rostrevor.—Ireland, county Down, near Warrenpoint.

A well-sheltered and warm health resort, one of the most fashionable in Ireland, situated at the foot of the Mourne mountains, entirely sheltered from east winds; surrounded by charming scenery. Excursions to the Isle of Man, which is visible from the hills.

Sea baths, sandy beach.

Doctors: Drs. Vesey, Martin, and Woods.

Hotel: The Mourne.

Rothbad.—Switzerland, Simmenthal district.

Ferruginous waters.

Near here is *Wimmis*, a small health resort.

Doctor : Dr. Portmann.

Röthelbad.—Germany, Württemberg, near Stuttgart and Ulm.

Inert waters.

The establishment is good.

Röthenbach.—Germany, Württemberg, near Najold; 1,250 feet above sea level.

Earthy waters, 70° F.

The establishment is not of the best.

Rothenbrunnen.—Switzerland, 3½ hours from Coire; 1,850 feet above sea level.

Climatic health resort.

Doctor : Dr. Kœhl.

Rothenburg.—Germany, Bavaria, on the Tauber; 1,050 feet above sea level.

Inert waters.

The establishment is good.

Doctors : Drs. Heckel and Tritzel.

Rothenfelde.—Germany, Westphalia, near Osnaburg.

Saline waters and brine baths, 65° F. Contains a large quantity of iodine and bromine.

The establishment is adequate, but little has been done to attract visitors. The air contains much ozone, due to the surrounding pine forest.

Rothenfels.—Germany, Baden, close to Baden-Baden.

Saline waters, 50° F.

A very picturesque situation. The establishment is excellent.

Doctor : Dr. Kanzler.

Rothsay.—Scotland, Island of Bute, Firth of Clyde.

Cold saline and sulphurous springs. Mild climate.

The Glenburn hydropathic establishment, which was burnt down in 1891, has been rebuilt, and is fitted with every modern improvement, electric light, and complete system of baths.

Dr. Philp, Resident Physician.

Rotterdam.—Holland, on the Maas. From Paris, *via* Brussels and Antwerp.

The second commercial town in Holland. Formerly the seat of the Dutch East India House. Most of the principal thoroughfares are canals bridged over by draw-bridges.

OBJECTS OF INTEREST : The Cathedral, Old church, South church, Town Hall, Exchange, Sailors' home, Courts of Justice. Museum of the Botanical Society, Botanical Gardens, Zoological

gardens, House of Correction, Boyman's museum, Royal yacht club, Library.

EXCURSIONS: The Hague and Sheveningen Moerdijk, Gouda, Schiedam, the mother city of Schiedam gin.

CABS: One or two persons, 60 c. the drive; 1 fl. 20 c. per hour.

Post and Telegraph office: Wynstraat, corner of Wynehaven.

Hotel: Hotel Victoria. Conveniently situated near the landing-place of steamers. Very clean and comfortable. J. Tyssen, proprietor.

Rottweil.—Germany, Württemberg, in the Black Forest; 2,100 feet above sea level.

Saline treatment of scrofula; whey cure.

The site is beautiful. Establishment good.

Doctors: Drs. Fischer and Lang.

Roucas Blanc.—France, Hérault.

Saline waters and transitory station.

Rouen.—France, Department of Seine Inférieure, 40 m. from Dieppe, 56 m. from Havre, 82 m. from Paris.

A very ancient commercial town, mostly industrial; manufacturing. The town is rich in antiquities.

OBJECTS OF INTEREST: The Cathedral, Church of St. Ouen, St. Godard, and St. Patrice, St. Maclau and St. Vincent, Courts of Law, Town Hall and Picture Gallery, Museum, Library, Custom-house, Exchange, Market-place, Hospital, Lunatic asylum, Theatres, two old Castles, Botanical Gardens. English church service at All Saints.

Post-office: Rue Jeanne d'Arc.

Telegraph: Exchange.

Hotels: *Grand Hôtel de Paris* and *d'Angleterre*.

Rouzat.—France, Department of Puy de Dôme, near Riome.

Ferruginous waters.

Royan.—France, on the Atlantic, Department of Charente Inférieure.

Sea baths.

Doctor: Dr. Allard.

Royat.—France, department of Puy de Dôme, near Clermont-Ferrand; 1,480 feet above the sea level; for routes see table and plan.

Mixed alkaline-ferruginous effervescent waters, containing some arsenic and lithium, 45° to 95° F., four springs, St. Mart, St. Victor, César, Eugénie; grand swimming baths; douche and carbonic acid baths.

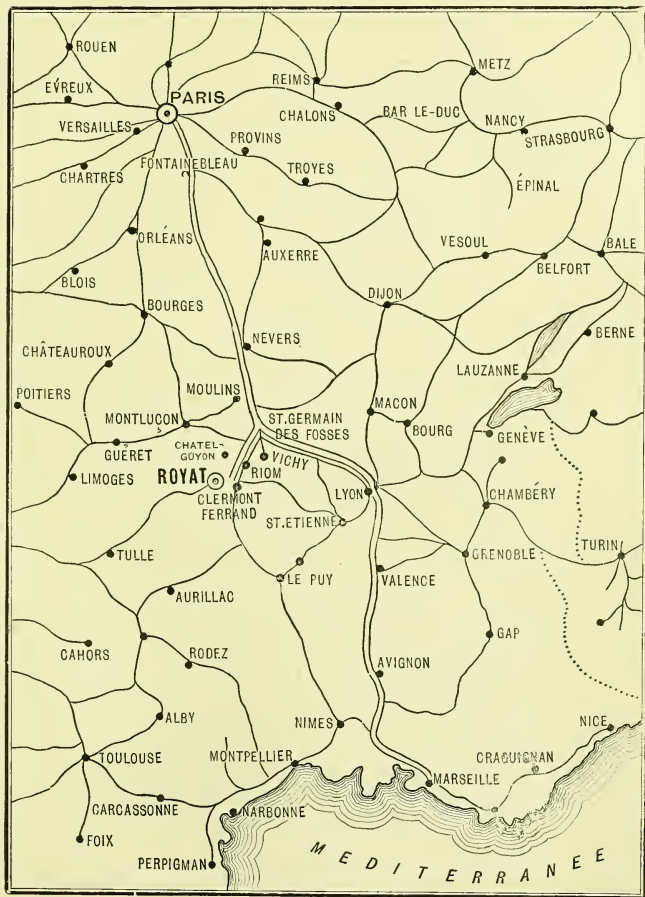
Season: From 15th May till October 15th.

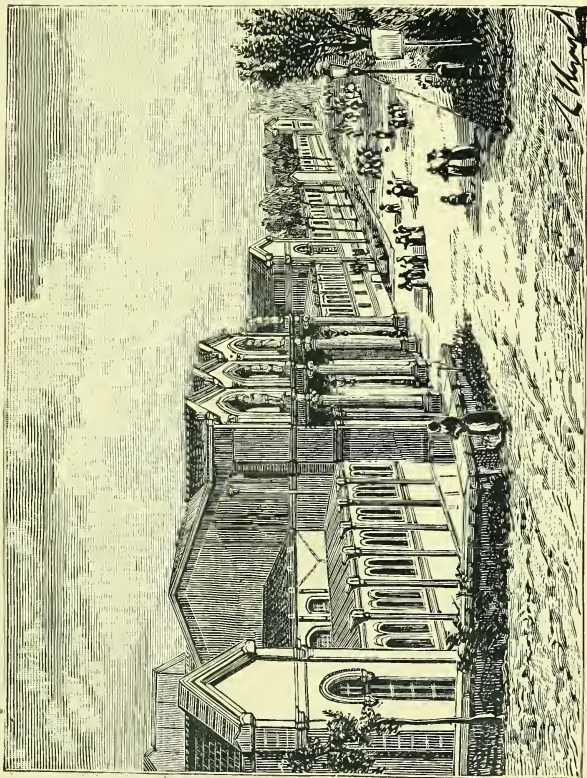
Number of Visitors: About 10,000 per season.

Special indications: Lymphatic affections, anæmia, chlorosis, catarrhal affections, arthritic gout and skin diseases dependent on a gouty diathesis.

Royat is situated in a charming valley leading to the Puy de Dôme, and about two miles distant from Clermont-Ferrand, and

SKELETON MAP OF ROUTES TO ROYAT-LES-BAINES.





ESTABLISHMENT ROYAT.



about 9 hours' journey from Paris. The country shows craters of extinct volcanoes, surrounded by mineral springs; of all departments of France, this is the richest in volcanic remains. Poulett Scrope, the English geologist, was the first to write a complete description of this region. The province was for many centuries occupied by the Romans living in a high state of civilization, as attested by the marvellous remains of baths, &c., showing to evidence their knowledge and experience of mineral waters.

The climate is agreeable and mild, and the waters are strengthening and invigorating. They are the sole waters containing lithium as a medicinal dose, and what considerably enhances their value is the circumstance that they can be taken at home. The waters of the César spring, when taken in good health, develop the appetite and promote digestion; they are the most delicious and palatable of the Royat waters. The Saint Mart spring, being of a more decided mineral nature, containing 35 millegrammes of lithium, should be preferred in gout and rheumatism. It is known in France as "La Fontaine des Goutteux." The Saint Victor are most efficacious in general debility, weakness and convalescence. All have no deleterious effect upon wine, and may be preserved for any length of time. They are sent out in cases of 30 and 50 bottles, and can be obtained either from the Director of the Company at Royat, direct; or from London depositories, Gallais & Co., Piccadilly; Ingram, Royle & Co., Best & Sons, Foster & Co., and the Apollinaris Co.

The arrangements at Royat are excellent. The scenery is mountainous, and offers many objects for excursions. The village offers all the comforts and amusements of an important station. There is a gymnasium, and Casino with concerts and theatrical performances.

English Church Service at Continental Hotel.

Post and Telegraph Office.

Bookseller: Puel Vve., in front of the Establishment.

Doctors: Drs. Bouchinet, G. H. Brandt, Chauvet, Frédet, Laussedat, J. Le Marchant de Trigon, Levillain, A. Petit, Puy-le-Blanc and Rosemblieth.

Administration of Establishment: Chief office: 5, Rue Drouot, Paris. **Universal Exposition, Paris, 1889: Hors Concours.**

Roye, or St. Mars-les-Roies.—France, near Noyon.

Effervescent ferruginous waters.

Very little used.

Roznau.—Austria, Moravia, two hours from Pohl; 1,225 feet above sea level.

Whey cure and climatic station.

The establishment is elegant, and thoroughly well fitted up. Accommodation good and abundant, at moderate rates. Sojourn agreeable.

Doctors: Drs. Modry and Schaar.

Rubinat.—Spain, on the French Frontier.

Sulphate of sodium and magnesia waters.

Strongly purgative action.

Ruch-Eptingen.—Switzerland, Baselland ; 1,800 feet above the sea level.
 Climatic health resort.
Season : May to September.
Doctors : Fries and Rippmann.

Rudolstadt.—Germany, capital of Principality of Schwarzburg.
 Indifferent waters. Very picturesque site ; pine cone sap
 and sand baths.
Doctor : Dr. Rost.
Hotels : Ritter, Lion.

Rudolfzell.—Germany, Baden, near Constance.
 Climatic air station ; grape cure and baths in the lake.
Doctors : Drs. Mader and Weinzierl.

Rügenwaldermünde.—Germany, Prussia, railway to Carwitz on the
 Baltic.
 Sea baths, sandy beach.
 The environs are charming, and the visitors numerous but
 select.
Doctor : Dr. Haacke.

Ruhla.—Germany, Thuringia, near Eisenach ; 1,400 feet above the sea level.
 Ferruginous waters, and hydropathic establishment.
Doctors : Drs. Sarnou and Cohn.
Hotels : Kurhaus, Bellevue.

Runcorn.—England, Cheshire.
 Sea baths.
Doctors : Edmonson, Macdougall, Maclellan, Morrisson,
 Mangan and Robinson.

Ruszpolyana.—Austria, Hungary, comitat of Marmáros, District Vissö.
 Earthy ferruginous waters.

Russwyl.—Switzerland, 3½ hours from Lucerne ; 2,040 feet above sea
 level.
 Saline waters, only used by the surrounding peasantry in
 cases of skin diseases, difficult digestion, and nervous com-
 plaints.

Ruttihubel.—Switzerland, Emmenthal district.
 Bicarbonate of lime, magnesia and ferruginous waters.
Doctor : Dr. Leuenberger.

Ryde.—England, Isle of Wight.
 Sea baths ; mild climate.
Doctors : Drs. Davey, Beaton, Buck, Pearse, &c.
Hotels : The Crown, Pier Hotel (Gordon Hotels Co.)

Ryhope.—England, Durham.
 Sea baths ; firm sandy beach.
Doctors : Drs. Sage and Reed.

Saarguemines.—Germany, Alsatia.
Cold saline waters, little used.

Saas Fée.—Switzerland, near Stalden, on the Vierge-Zermatt Railway;
4,700 feet above the level of the sea.
Climatic air station.

Sables d'Olonne.—France, Vendée.
Sea baths.

Sacedon.—Spain, near Guadalaxara, and Huete.
Sulphate of lime waters, 70° F.; mud baths.
Special indications: Skin diseases, nervous affections, rheumatism, hemicrania, chronic sores, kidney affections.
Very well-arranged, elegant and comfortable establishment.
Much-frequented station, known and used in the times of the Romans, and subsequently by the Moors.
Doctor: Dr. Gimeno.

Sachsa.—Germany, in the Harz, near Nordhausen.
An air-cure station, owing to the surrounding pine forests.
Doctor: Dr. Schötensack.
Hotel: *Schützenhaus.*

Sack.—Russia, Government of Tauri, district of Keslow.
Brine and mud baths.
This lake is called, owing to the ill-savoured evaporation arising from it, "the putrid lake." In July and August it dries up almost completely. The mud is reported to be efficacious against gout, rheumatism, hæmorrhoids and skin diseases.

Säckingen.—Germany, Baden, three hours from Basle.
Inert waters, 70° F.
The establishment is good, but residence is extremely dull.
Doctors: Drs. Stretcher and V. Tietzen.

Sadschütz.—Austria, Bohemia, near Neudorf-Eisendorf.
Earthy saline ferruginous waters.
Imperfect arrangements, and little visited.

Saelices.—Spain, province of Cuenca, near Huete.
Ferruginous earthy waters, 45° F.
Special indications: Sterility, rheumatism, nervousity, gastralgia, dyspepsia, and amenorrhœa.
They are very much frequented by the surrounding inhabitants, and reported very efficacious.

Saidschütz.—Austria, Bohemia, near Teplitz.
Bitter waters, exported in large quantities.
There is an establishment which, however, is little frequented.
Doctor: Dr. Preiss.

Sail-les-Bains.—France, Department of Loire, near Roanne.

Six springs: three bicarbonate, one ferruginous, and two sulphur, 55° to 85° F.

Special indications: Herpes, intestinal atony, affections of the uterus.

A very well-appointed establishment.

Sail-sous-Couzan.—France, Department of Loire, near Montbrison.

Cold alkaline ferruginous waters.

Special indications: Dyspepsia; the waters are reputed to have the power of exciting hæmorrhoidal and menstrual discharges.

The establishment is good, and accommodation abundant and comfortable.

Sark.—Channel Islands.

A favourite summer resort for those in search of quiet.

Doctor: Dr. Hale.

Sándorsprings.—Austria-Hungary, comitat of Mármaros, valley of Csiszla, near Borsabánya.

Bicarbonate of lime waters.

No establishment and no accommodation.

St. Alban.—France, Department of Loire, near Roanne.

Bicarbonate of soda ferruginous highly effervescent waters, 65° F.

This well-conducted establishment contains a chamber for the carbonic acid gas treatment. The scenery is picturesque.

The water is one of the best table waters known.

Doctor: Dr. Servajan.

St. Amand.—France, Department of Nord, near Valenciennes.

Sulphate of lime waters, 50° F.

The sulphurous muds, with a temperature of 60° F., constitute the principal source of treatment.

The establishment and accommodation are luxurious.

Doctor: Dr. Isnard.

St. André.—France, Haute Savoie, near Remilly.

Cold hydrosulphuric alkaline waters.

St. Andrews.—Scotland, Fifeshire, north of Edinburgh.

Sea baths; the beach is rocky.

Climate cold and damp.

Doctor: Dr. Heddle.

St. Anne's-on-Sea.—England, Lancashire, near Blackpool.

Sea baths; sandy beach.

Climate mild but bracing.

St. Antoine di Guagno.—*See* GUAGNO

St. Beatenberg.—Switzerland, near Thun.

Climatic air station.

Doctor : Dr. Muller.

St. Bees.—England, Cumberland.

Sea bath; firm, clean sandy beach.

Climate mild and bright.

St. Blasien.—Germany, Baden, near the Lake of Constance, in the Hell Valley. *See* map at end.

Saline waters.

Every variety of baths. The close neighbourhood of some chemical works and other factories impair the value of the air for therapeutical purposes to a great extent.

Special indications : Anæmia, nervousness, affections of the lungs, convalescence after illness.

Doctors : Drs. Tatzel and Haufe.

Hotels : *St. Blasien, Crown.*

St. Boes.—France, Lower Pyrénées.

Sulphate of lime bituminous waters.

St. Bonnet.—France, Department of Hautes Alpes, Arrondissement of Gap.

Sulphate of lime waters, 80° F.

Special indication : Skin disease.

St. Briac.—France, Department of Ille and Vilaine, *viâ* St. Malo.

Sea baths; sandy beach.

St. Cassien.—Italy.

Thermal sulphurous waters.

Used especially in affections of the eyes.

St. Cergues.—Switzerland, Canton Soleure, 3,150 feet above sea level; in a very sheltered position; railway station, Nyon.

Climatic station.

Doctors from Begnins.

In the neighbourhood are noble pine forests.

St. Christau.—France, Department of Lower Pyrenees, South of Oleron.

Cuprous waters.

Special indications : Affections of the eyes.

Doctors : Drs. Tillot and Vigneau.

St. Croix.—Switzerland, Canton Vaud; altitude 3,700 feet.

Climatic air station.

Doctors : Dr. Christian and Weith.

St. David's.—Wales, Pembrokeshire.

Sea baths; firm sandy beach.

Pure and bracing air.

Doctor : Dr. Williams.

St. Denis-les-Blois.—France, Department of Loire and Cher, near Blois.
Cold effervescing ferruginous table waters.

St. Diery.—France, Department of Puy de Dôme, near Issoire.
Ferruginous waters.

St. Domingo.—Island of St. Domingo or Haiti, West Indies.
Several thermal sulphurous springs, 70° to 125° F.

St. Gall.—Switzerland, capital of Canton St. Gall; population 28,000.
Ferruginous waters at the source, Loechlibad.

St. Galmier.—France, Department of Loire, near Montbrison.
Alkaline table waters, which have been highly advertised; there are, however, many others superior to St. Galmier. More used on account of its pleasant agreeable taste than for its medical properties.

St. Genis.—Italy, Piedmont, near Turin.
Saline sulphurous iodurated waters.
Special indications: Scrofula, goitre.

St. Georgen.—Germany, Bavaria, near Altötting.
Inert waters; a spring of very small size.

St. Gervais.—France, Savoy, at the foot of Mont Blanc, near Sallanches, on the road to Chamounix; 1,830 feet above sea level.
Saline sulphurous waters, 50° to 120° F.
Special indications: Skin diseases, obstructions of the intestines and tape-worms.
A much-frequented station; it offers to the visitor all modern comforts. The scenery is grand.
Doctor: Dr. Bertier.

St. Gildas.—France, Morbihan, near Vannes.
Sea bathing establishment for women kept by nuns. They lived formerly at the Abbey of Abeylard.

St. Gingolph.—Switzerland, Valais district; altitude 1,500 feet.
Sulphate of lime, soda and magnesia waters.

St. Honoré.—France, Nièvre, in the centre of France, eight hours from Paris and from Lyons; 920 feet above sea level. For routes see table.
Alkaline sulphurous and arsenical waters, 70° to 80° F.
Special indications: Skin diseases, affections of the pulmonary mucous membrane, scrofula.

A very well-organized thermal establishment. There are five springs.

Doctors: Drs. Odin and Collin.

Hotels: Du Morwan, Bellevue and Hardy.

St. Icaire.—France, Savoy.
Analogous waters to those of Challes.

St. Jean d'Aulph.—France, Haute Savoy, near Thonon.

Cold hydrosulphurous, alkaline, and iodurated waters ; 11 grammes of sulphurous principles.

St. Jean de Luz.—France, near the Spanish frontier, in the Bay of Biscay.

Winter station and very good sea bathing.

Doctors : Drs. Goyeneche and Argeliès.

Hotels : *d'Angleterre* and *Paris*.

St. Laurent les Bains.—France, Department of Ardèche, near Privas ; post from Montélimar.

Saline-alkaline waters, 130° F.

Special indications : Rheumatism, paralysis.

Three establishments, well frequented.

Doctor : Dr. Bignon.

St. Lawrence-on-Sea.—England, Kent, Isle of Thanet.

Sea baths, sandy beach. Climate bracing.

Season : June—November.

There is an hydropathic establishment.

Doctors : Drs. Berry and Roberts.

Hotel : *The Granville*.

St. Leonards-on-Sea.—England, Sussex, on the Channel coast.

A very fashionable resort. Sandy beach. Sea baths in summer.

Season : Autumn and winter months.

Doctors : Drs. Wilson, Allen, Ticehurst, Bagshawe, and a great many others.

Hotels : *The Alexandra, Eversfield, Grand and Victoria*.

St. Loubouer.—France, Landes.

Sulphate of lime waters, 45° F.

St. Lunaire.—France, Department of Ile and Vilaine, *viâ* St. Malo.

Sea baths.

St. Malo.—France, Department of Ile and Vilaine ; population 12,000.

Sea baths ; soft sandy beach ; bracing climate.

The establishments are very good.

An old seaport with fortifications on a peninsula at the mouth of the Rance. The Ramparts are transformed into walks, and form a very pleasant promenade. It has very quaint streets and picturesque buildings. The Cathedral, Baths, Casino, Hospital, Library, Museum, Gymnasium are worth inspecting. It is the birth place of many celebrated men. It is a good centre for excursions into Brittany, and its harbour a favourite anchorage for yachts.

Doctor : Dr. Amy.

Dentist : A. Preterre.

English church.

Hotels : The *Grand Hotel Franklin*, *France and Univers*.

Doctors : Drs. Ferrand and Nowry.

St. Marie de Mont.—France, Calvados *viâ* Isigny.

Sea baths.

St. Martin de Fenouilla.—France, Department of Pyrénées Orientales, near Le Boulou.

Highly effervescent ferruginous waters.

Little frequented. Exported.

St. Martin-Lantosque.—France, Department of Sea-Alps, seven hours by carriage from Nice.

Slightly sulphurous thermal waters.

A favourite resort with the inhabitants of Nice. Not much accommodation.

St. Mary's.—England, Scilly Islands.

Sea baths, fine white sandy beach; mild and invigorating air; rocky scenery.

Doctor : Dr. Moehd.

Hotel : *Hugh House*.

St. Maurice.—France, Department of Puy de Dôme, on the right bank of the Allier.

Bicarbonate of iron waters, 40° to 80° F.; 6 grammes of mineral principles.

Special indications : Scrofula, chlorosis.

An establishment very little visited.

St. Moritz-Bad.—Switzerland, Grisons, Engadine; 5,800 feet above the sea level. For routes, see table.

Effervescent chalybeate waters, 42° F.; whey and milk cure; complete hydropathy.

Season : 15th June—15th September.

Number of Visitors : Annually above 40,000.

Special indications : Anæmia, chlorosis, asthma, uterine and vaginal catarrhs, dysmenorrhœa, amenorrhœa, scrofula, rhuchitis, incipient phthisis and chest cases, such as emphysema, &c.

The springs of St. Moritz were known in ancient times. In the 15th and 16th centuries Italian pilgrims used to visit them. They are practically two in number—the old spring and the Serpent spring. The former rises in the establishment adjoining the Kurhaus Hotel, its temperature being about 44° F. It contains sulphate and carbonate of soda, and carbonates of lime, magnesia and iron, with small quantities of lithia, bromides, silicic acid, &c. The latter rises in the grounds of the Neue Stahlbad Hotel, and contains carbonate of lime, sulphate of soda and magnesia, carbonate of iron, also silica; in addition to these ingredients are small quantities of lithia, bromides, borates and aluminates.

Few continental health resorts have gone ahead with leaps and bounds as St. Moritz-Bad has of late years. Royalty has patronized it in comparative abundance each successive season, and the demand made upon its resources to supply a perfection of first-class hotel accommodation, drainage, sanitation, amusements, and all matters calculated to enhance its popularity, has been responded to in such a marked manner that little remains to be done to make it more perfect than it at present is. As a bathing-place its arrangements are as unique as possible, its baths, douches, and general hydropathic arrangements are all that can be desired. The curative effect of the waters, combined with the rarefied state of the high mountain air, supercharged with ozone, cool and fresh as it blows off the glaciers, is now fully established, and although the attractive power of the waters is not so great as that of the scenery, society, and generally charming surroundings, still the waters are by no means to be ignored as a powerful stimulus in increasing the number of visitors. One of the charms of St. Moritz is that it is off "the beaten track" of the cheap tourist. There is no railway, and visitors must be prepared to spend upon travelling and hotel accommodation a liberal amount of money if they wish to reside here. The English visitors are all of a superior type, and there is much "society" here. The hotel guests dress for dinner, and the laws of a refined system of sociality are here *de rigueur*. It is needless to add that every possible form of outdoor and indoor amusement can be had here in profusion and perfection. Balls, concerts, bazaars and fêtes, patronized by royalty, are always in evidence. The season only lasts three months. On the 15th of September St. Moritz-Bad is a deserted village, handed over to the caretakers, who are left to make the best they can of the severe and sunless winter which is nine months long, during which the thermometer falls very low, as the sun is but little seen, the high mountains completely shutting off its rays. Apart from the lovely scenery, the waters and the general pleasant surroundings of St. Moritz, its principal feature is its sumptuous, luxurious and well-managed hotels. Amongst these may be mentioned first the Neue Stahlbad, containing 300 bed rooms, 64 baths, salons and corridors, upon a grand scale, almost palatial. Nothing is wanting here calculated to please the eye or pander to the comfort or the taste of the most exacting connoisseurs. Mr. H. Menge, the director (who during the winter runs one of the largest hotels at Monte Carlo), is quite *au fait* with his work, which must entail upon him an unusual amount of anxiety. The Kurhaus Hotel is equally large, and though it is shorn of much of the freshness of the first-named hotel on account of its age, it runs it fairly close. There are not so many English

visitors here as at the Stahlbad, and the meals are served on the German system. In addition to these hotels are the Hotel Victoria, an hotel which royalty annually affects; the Hotel du Lac, most beautifully furnished. After these come five large second-class hotels, where the tariff—none too low—is more reasonable. To the visitor whose pockets are well lined St. Moritz-Bad leaves nothing to be desired, but no one should go there to whom money is an object. Cab fares are ridiculously high; the tariff requires revising. Many visitors to this locality prefer to reside at Campfer, Silvaplana, Cellerina or Pontresina, neighbouring villages in the immediate vicinity, where living is cheaper, and the usages of society are not so compulsory. Visitors should write to S. Tanner, printer, Samaden, Engadine, for a pamphlet (gratis) treating upon St. Moritz, containing maps, views, &c.

The mean barometric pressure is 609 m/m ; mean temperature during the three season months, 51° F.; relative dampness of air, 73·5 %; mean cloudy days, 56 %; days with rain, &c., 98 in the year; and proportion of rain, 898.

The pleasure-grounds in front of the Curhaus afford a fine view over wooded slopes and ice-covered mountain peaks. The panorama is superb, and the field for excursions very extensive. Boating and fishing afford ample amusement. Ball, concerts, illuminations and similar fêtes are given here during the season. The Curhaus contains assembly, ball, concert, reading, smoking, billiard and ladies' rooms.

Post and Telegraph Office: Facing Hotel du Lac.

English Church: Midway between baths and village.

Chemist: Mutschler, facing Hotel du Lac.

Photographer: R. Guler, near the Post.

House and Forwarding Agents: F. & E. Tognoni, Maison Tognoni.

Bankers and Exchange Office: F. & E. Tognoni, and in the Engadiner Kulm Hotel.

American Dentists: Drs. H. L. Schaffner and J. F. Paterson.

Doctors: Drs. Berry, Christeller, Holland, Hoessli, Nolder, Tidey, Veraguth.

St. Moritz-Dorf.

The remarks made concerning St. Moritz-Bad apply to St. Moritz-Dorf, with the following exceptions:—The latter village is about 200 feet higher; this allows of a winter as well as a summer season. The Kulm Hotel, a magnificent and luxuriously arranged establishment upon a large scale, is open all the winter (Dr. Holland, resident physician), and is a favourite resort for those who are recommended to live during the season at a high altitude. This hotel competes with the Belvedere at Davos, and claims various advantages, amongst them the fact that it is several hundred feet higher, which may or may not be desirable. Davos, on the other hand,

is easier of access, especially in winter, as there is a railway to it. There can be no doubting one fact, which is, that certain cases of phthisis which are tolerant of cold, and have no excessively abnormal temperature, no material loss of muscular development, and no material complications, are eminently benefited by residence at these high altitudes. It would be invidious to compare the Kulm Hotel with the Belvedere from an internal arrangement point of view, as both are as near perfection as such places could be made, and if phthisical patients of a suitable class will exercise discretion and be guided by their physicians, avoid violent exercise, and not forget that they reside in an almost arctic climate (a point so many lose sight of), they will never have cause to regret going to such places as St. Moritz and Davos-Platz. Before going to the Engadine, purchase Mr. Strickland's work, "The Engadine," published by Sampson Low & Co., London; it contains a treatise written by Dr. Holland (the resident physician) which is well worthy of perusal, and also an enormous amount of useful information. The springs of St. Moritz-Bad are closed during the winter.

St. Myon.—France, Department of Puy de Dôme, near Acquiperse.

Bicarbonate of iron waters; 5 grms. of mineralisation.

Table water. Exported.

Special indications: Dyspepsia.

St. Nectaire.—France, Department of Puy de Dôme, near Issoire.

Mixed alkaline ferruginous bicarbonate waters, 45° to 100° F.

Supplying three establishments.

Special indications: Gastralgia, liver complaints, rheumatism and leucorrhœa.

St. Ours.—France, Department of Puy de Dôme.

Bicarbonate ferruginous waters.

St. Pair.—France, Department of La Manche, *viâ* Granville.

Sea baths.

St. Pardoux.—France, Department of Allier, near Bourbon l'Archambault.

Bicarbonate ferruginous waters. Exported.

Table waters. There is no establishment, and the arrangements are solely for exportation.

St. Parize.—France, Department of Nièvre, near Nevers.

Sulphate of lime and magnesian waters. Highly gaseous.

Special indication: Ague.

St. Peter.—Austria, Carinthia, district of Klagenfurt.

Ferruginous effervescent waters.

The arrangements are inadequate. The site is picturesque ; with capital a great deal could be made of this place.

St. Pierre d'Argenson.—France, Department of Upper Alps.

Cold ferruginous bicarbonate waters.

St. Prieste des Champs.—France, Department of Puy de Dôme.

Ferruginous (very slightly mineralised) waters.

St. Prieste-la-Roche.—France, Department of Loire.

Ferruginous bicarbonate waters.

St. Quentin.—France, Department of Aisne

Cold ferruginous bicarbonate waters.

St. Radegund.—Austria, Styria, near Graz.

Hydropathic establishment ; whey cure.

Doctor : Dr. Macher.

St. Raphaël.—France, Var, on the sea coast, between Hyères and Cannes ; Pop. 4,200.

Winter station (October to May).

Special indications : Debility, rachitis, scrofula, lymphatic affections, neurasthenia, anæmia, chlorosis, tuberculosis, gout, &c.

Medical Establishment for new treatment by Inhalation of Ozone—sovereign remedy for maladies due to poverty of blood—is most comfortably and scientifically installed with hydropathic saloons, &c. A *Hot sea water bath* enables patients to take sea baths all the winter.

Climate : Situated between Hyères and Cannes, St. Raphaël enjoys the climatic advantages of the two stations ; and, with the adjoining suburbs, Valescure and Boulerie, every medical requirement is fulfilled for the cure of the maladies mentioned.

Meteorological means for last ten years, observed by Dr. Niepce during the winter season :—

<i>Temperature</i> , winter, daily	50° F. mean.
From 10 a.m. to 4 p.m.	58° mean.
<i>Barometer</i>	29,902 inches mean.
<i>Evaporation</i>	2.5 ^m / _m mean.
<i>Humidity</i>	58.4% mean.
<i>Rainfall</i>	3.3 inches.
<i>Ozone atmospheric</i>	$\frac{1.5}{2.2}$.
<i>Rainy days</i>	35.
<i>Sunshine</i>	115 days.

English Church : A. Dyce, chaplain.

Doctors : Drs. Buss, Boutemps, Verget, Surrat, Niepce, Mireure, Roquemaure.

Hotels: Grand Hôtel de St. Raphaël, Bains, Beau Rivage, de France; des Anglais (at Valescure).

Clubs: De Chasses et de Regattes—Lawn Tennis.

Excursions: Magnificent walks and drives through the resinous and aromatic forests of Esterel, and the sheltered woods of Boulerie and of Valescure.

St. Remy la Varenne.—France, Department of Marne and Loire.
Cold ferruginous bicarbonate waters.

St. Roman le Puy.—France, Department of Loire.
Cold bicarbonate waters.

St. Sautin.—France, Department of Orne.
Ferruginous waters.

St. Sauveur.—France, Department of Hautes Pyrénées, near Argelès; 2,400 feet above sea level. For routes *via* Pierrefitte, see table.

Two sulphurous saline-alkaline springs, 50° to 85° F., containing a little arsenic and much carbonic acid.

Sedative action; three springs.

Special indications: Nervous and lymphatic affections.

Female diseases are here made a speciality of.

Doctors: Drs. Blondin, Caulet and Lafont.

Hotels: Bains, Princes, Parc, France, Paris.

St. Servan.—France, Ile et Vilaine, close to St. Malo.
Sea baths.

A pleasant resort, much frequented.

English Church.

Banker: A. O. Rorke.

Hotel: The Union.

St. Simon.—France, Savoy, near Aix.
Cold bicarbonate of lime waters.

Special indications: Gravel.

Doctor: Dr. Bonjau.

St. Thomas.—France, Pyrénées Orientales.
Sulphate of soda water, 115° to 140° F.

Special indications: Articular rheumatism, scrofula and skin diseases.

St. Ubrich.—Germany, Alsatia.
Cold ferruginous bicarbonate waters.

St. Vaast-la-Houque.—France, Department of La Manche, *viâ* Valognes.
Sea baths.

St. Valéry-en-Caux.—France, Department of Seine Inférieure, near Fécamp.
Sea baths; firm sandy beach.
Season: July—October.

St. Valery-sur-Somme.—France, Department of Somme, near Boulogne.

Sea baths; sandy beach. A good establishment.

Season: May—September.

St. Vallier.—France, Vosges.

Same water as Contrexéville.

St. Vincent.—Italy, province of Aosta, near Chatillon.

Alkali-saline waters, 30° F.

Special indications: Dyspepsia and gravel.

The establishments are neglected, and little is done to attract visitors.

St. Yorre.—France, Department of Allier, near Vichy.

Bicarbonate of soda waters.

Ste. Adresse.—France, Department of Seine Inférieure, near Le Havre.

Sea baths.

Ste. Catherine.—North America, Canada, near Niagara Falls.

Mineral water establishment.

Ste. Helène des Milières.—France, Savoy.

Ferruginous arsenical waters.

Ste. Lucia.—One of the Danish West Indian Islands.

Hyper-thermal springs.

Ste. Madeleine de Flourens.—France, Department of Haute Garonne, near Toulouse.

Cold ferruginous waters.

The establishments are good and the scenery charming.

Ste. Marie.—France, Department of Hautes Pyrénées, near Luchon.

Four sulphate of lime springs, 40° F.

The new establishment is elegant, and affords comfortable accommodation. The station is rising in favour.

Ste. Marie.—France, Department of Cantal, near Chaudesaigues.

Cold ferruginous waters.

Salah Bey.—Algiers, near Constantine.

Thermal springs, 65° F.

Salces.—France, Department of Pyrénées Orientales, near Perpignan.

Effervescing saline waters, 50° F.

Salceti.—Italy, Tuscany, valley of the Arno, District of San Luce.

Alkali-saline waters, 55° F. The supply is very limited.

Salcombe.—England, Devonshire.

Climatic air station and sea baths.

Recommended to persons suffering from affections of the respiratory organs and pulmonary complaints.

The temperature is very even, as the town is almost surrounded by hills, though so near the sea, and oranges, lemons and citrons flourish in the open air, clearly shewing the climate to be a very mild one. Salcombe has been called the Montpellier of the North. The hotel accommodation has lately been greatly improved.

Doctors : Drs. Pearce and Twining.

Hotel : *The Marine Hotel*.

Salerno.—Italy, near Naples.

Winter station; waters effervescing and ferruginous, 60° F.

Mild and moist air, with more sunny days than Naples.

Salice.—Italy, district of Ravanazzo, near Retorbido.

Alkali-saline waters.

The establishment and accommodation are indifferent.

Salies.—France, Department of Haute Garonne, near St. Gaudens.

Sulphate of lime and saline waters. The latter possess 34 grms. of mineral principles, of which 30 grms. are chloride of sodium.

Salies de Béarn.—France, Department of Basses-Pyrénées, near Orthez.
Population 6,006.

Saline bromo-iodurated waters; 250 gms. mineral principles, of which 225 grms. are chloride of sodium. A great salt-making place, and very good for salt baths.

Special indications : Scrofula and lymphatic affections.

Hotels; *Grand Hotel*, *Pension Chateau de Salies de Bearn*, *France*, *Cheval Blanc*, *Paris*, &c.

Doctors : Drs. Musgrave, Clay and Rupeyron.

Salinetas de Novelda.—Spain, province of Alicante, near Novelda.

Sulphurous earthy waters, 55° F.

Special indications : Skin diseases, scrofula, rheumatism, mercurialism, amenorrhœa.

The establishment is not up to the level of modern requirements : it is situated in a large park. The accommodation is cheap and not of the best.

Doctors : Drs. Lozano y Rubio.

Salinillas.—Spain, province of Aláva, near Miranda.

Sulphurous saline waters.

The establishment is inadequate.

Salins.—France, Department of Jura, on the River Furieuse, near Dôle; 1,200 feet above sea level. Population 7,000.

Saline bromine and brine waters, having 320 grms. of mineralisation. Large salt works.

Special indications : Scrofula, lymphatic affections and atony.

A much-frequented establishment. Very well arranged, affording comfortable and abundant accommodation, at reasonable prices.

Season ; June to September. There is a casino, with bands, &c.

Doctors : Drs. Guyenot and Bournz.

Salins-Moutiers.—France, Savoy, 1,500 feet above the sea level; rail to Moutiers *via* Albertville, the new line from Albertville to Moutiers being lately opened. Salins is about half a mile from Moutiers station, where omnibuses meet all trains.

Ferruginous saline (brine) effervescing waters, 95° F.; contain much chloride of sodium, and are bromo-iodurated; also some arsenic and lithium.

The thermal establishment, quite new, is accommodated with two very large swimming baths, several other smaller bathing pools, 34 private baths, many rooms for complete hydropathy, general douches, special douches, mineral mud baths, pulverizations, inhalations, &c., &c.

Season : 15th May to 1st October.

Special indications : Anæmia, debility, lymphatism, scrofula, and affections of the ganglionic system; atonic affections of the nervous and genito-urinary system; locomotor ataxy, and after surgical treatment.

The density of the waters is 2.1. (Baumé), and they contain 16 grammes of mineral principles to the quart. The enormous supply (about 6 million litres per day) permits a constant flow of running water throughout the new establishment. The celebrated Dr. Gubler said of these waters:—"They are the richest in chloride of sodium existing; neither Spain, Italy, nor Germany, though possessing Kreuznach, Homburg, Nauheim, and Kissengen can produce equally precious waters and all are inferior to the Salins water. An elevated temperature, concentrated mineralisation, gas in solution, the enormous volume per day, are the superior characteristics which place them easily before all other saline waters, and which will assure Salins a prosperous future."

Post and Telegraph Office.

Doctors : Drs. Delastre, Desprez, Gonthier, Laissus, and Philbert.

Hotel : *Hôtel des Bains.*

Salles.—France, Department of Haute Garonne, near Luchon.

Ferruginous waters, 35° F., used as an adjuvant to those of Luchon.

Salmas.—Asia, Persia, north of the Lake Ourmiah.

Thermal sulphurous waters.

Salò.—Italy, on the south shore of the Lake of Garda.

Climatic station. Too cold to winter in. The accommodation is inferior.

Saloniki.—Turkey, Macedonia, on the Gulf of Saloniki.

Several saline sulphurous thermal springs, close to the town.
Mud baths.

Saltcoats.—Scotland, Ayrshire.

Sea baths.

A good bathing establishment.

Two establishments, one of which only is in use. Its arrangements are elegant, as in all Turkish baths.

Saltburn-by-the-Sea.—England, Yorkshire.

Sea baths and chalybeate waters; fine firm sandy beach.
Climate mild and bracing. The country is wooded.

Doctor : Dr. Rhodes.

Saltfleet-Haven.—England, Lincolnshire, near Skidbroke.

Sea baths; sandy beach.

Saltsjöbad.—Sweden, thirty-five minutes from Stockholm.

Sea baths, exceedingly elegant.

Newly-established tourists' resort in immediate vicinity to the capital, with excellent accommodation and very picturesque situation.

Hotels : *Bath, Grand*. Boarding terms, kroner 0,50.

Salvadora.—Spain, province of Jaen, near Jumilena.

Sulphurous earthy waters, 50° F.

Special indications : Vesical catarrhs, calculus, gravel, hyperæmia of liver.

The establishment is old and neglected. There is a project to erect a new one with modern improvements.

Doctor : Dr. Morales.

Salvan and Finshauts.—Switzerland, Valais district, station at Vernayaz; 3,000 feet above the sea level.

Climatic air station.

Salz.—France, Department of Aude.

A small salt-water brook near the thermal spring of Rennes, in conjunction with which it is sometimes used as an adjuvant.

Salzbrunn.—Germany, Silesia; 1,250 feet above sea level.

Cold alkaline waters. Climatic and whey cure station.

Special indications : Nervous affections and pulmonary catarrh.

The establishments are excellent and the place much frequented.

Doctors : Drs. Nitsche, Determeyer and Langer.

Hotels : *Kursaal, Kurhaus*.

Salzburg.—Austria-Hungary, near Hermannstadt, in Transylvania.

Iodurated brine baths.

Season : July—August.

Hotel : *Hotel de l'Europe*.

The establishment is good, and affords comfortable accommodation.

The parks and gardens, owing to the saline nature of the soil, have been artificially made. Vegetation in the vicinity of the town is poor.

Doctor : Dr. Göttersdorfer.

Hotel : *Hôtel de l'Europe*.

Salzburg.—Austria, Salzkammergut, on the Salzach, 25,000 inhabitants; 1,340 feet above the sea level. For routes see table.

Climatic station in summer.

English church.

Post and Telegraph Office :

Bookseller : Henry Dieter, Markt and Residenz Platz Corner.

Doctor : Dr. Sedlitzki.

Hotels : *Europe*, *Nellböck*.

Salzhausen.—Germany, Hessen Darmstadt

Cold saline waters, 11 grammes of mineral principles.

Special indications : Scrofula.

Doctor : Dr. Meinberg.

Salzschlirf.—Germany, Hesse Nassau, near Fulda.

Iodo-bromine saline waters, 15 grammes of mineralisation.

Special indications : Scrofula.

Doctor : Dr. Reitemeyer.

Salzungen.—Germany, Saxe-Meiningen, near Eisenach.

Cold saline springs, 30 grammes of mineral principles.

Well-appointed establishment, with good accommodation.

Special indications : Scrofula.

Very picturesque site. Vegetation luxurious. Parks and gardens are well kept.

Doctors : Drs. Ley and Wagner.

Hotels : *Kurhaus*, *Crown*, and *Starke*.

Salzuffeln.—Germany, Lippe-Detmold, near Herford.

Brine baths.

The establishments are not of the best, and the accommodation is only moderate.

Doctors : Drs. Gottschalk and Meyer.

Samaden.—Switzerland, Upper Engadine, and the capital of the district; 850 inhabitants; 5,634 feet above the level of the sea; close to the Albule Pass, 3 miles from Pontresina and $7\frac{1}{4}$ miles from the Julier Pass (Silvaplana). For routes, see table; see also map at end.

Climatic mountain air and winter station, facing south; population 900.

Special indications : Nervous debility and failing nutrition, anæmia and chlorosis, rachitis, incipient phthisis, scrofula, and similar affections following on malaria, typhus, &c.

Samaden forms the head of the Upper Engadine, and is exactly in the centre of it, and is situated at the foot of the Piz-Padella, at the junction of the St. Moritz and Pontresina Valleys. It is a very lively place during summer. In winter the calmness of the atmosphere is noteworthy.

Living is cheaper here than at many Swiss health resorts. Among the amusements to be had may be mentioned golf, as there are fairly good links.

English Church: Near the Post Square.

Post and Telegraph Office: On the Square.

Chemist: Sal. Bernhard.

Bank and Exchange Office: J. Töndury, in the Hôtel des Alpes.

Bookseller: Ludw. Mayer.

Doctors: Drs. Lendi, Bernhardt and Pradella.

Hotel: The *Bernina Hôtel* is recommended.

San Adrian y la Losilla.—Spain, province of Léon, near Vecilla.

Bicarbonate of magnesia and iron waters, 90° F.; 4 grammes of mineralisation, of which 2 are carbonate of magnesia.

San Agustin.—Spain, province of Madrid, near Colmenar Viejo.

Hydrosulphuric waters.

Special indications: Skin diseases, spasmodic asthma, liver and splenic disorders, caries and intermittens.

There is an establishment which is tolerably complete in its arrangements.

Special indications: Nervous complaints, disorders of the digestive organs, anæmia and chlorosis.

The establishment offers little attraction.

Doctor: Dr. Rulifanchas.

San Bernhardino.—Switzerland, Canton of Grisons; 5,200 feet above sea level.

Ferruginous waters.

Special indications: Dyspepsia, lymphatism and catarrhal affections.

Largely frequented establishment, which is well fitted up.

The situation is one of the most picturesque in Switzerland.

Doctor: Dr. Geronimi.

San Bartolomé de la Cuadra.—Spain, province of Barcelona, near San Feliz.

Effervescent ferruginous waters.

The establishment is beneath notice.

Doctor: Dr. Arnesto.

San Casciano.—Italy, province of Siena, valley of the Paglia.

Ferruginous waters, 110° F., and sulphurous waters, 100° to 120° F.

These waters were much used in antiquity, as the ruins in the neighbourhood prove. The new establishments are very complete, and afford abundant and comfortable accommodation. Great efforts are being made to resuscitate the place once more. The scenery is picturesque.

San Daniele.—Italy, province of Padova, near Abano.

Cold sulphurous waters.

There is no establishment, and the water is only used internally.

Sandefjord.—Norway, near the town of Sandefjord.

Sulphurous and ferruginous water.

Sandefjord is the oldest health resort of Norway, and much frequented.

It possesses a ferruginous saline sulphurous spring—a saline spring and a ferruginous spring of the same character as that of Ronneby (sulphate of iron and alum).

The establishment is most carefully superintended.

Doctors: Drs. Poulson and Notvig.

Sandgate.—England, Kent, between Folkestone and Hythe.

Sea baths; shingle beach. Climate mild.

Season: June—September.

Doctor: Dr. Chubb.

Sandown.—England, Isle of Wight.

Sea baths, fine sandy beach; climate very mild. Bathing arrangements are very good.

Doctors: Drs. Neal, Barker, Green, and Meeres.

Hotels: Sandown and Pier.

Sandrocks.—England, Isle of Wight, near Chale and Blackgang chine.

Alkali saline waters, 40° F.

Special indications: Intermittent fevers, chronic dysentery, rheumatism, intestinal affections.

Hotels: Sandrock and Dobbetts.

San Fedele.—Italy, Tuscany, valley of the Cecina, near Volterra.

Saline waters. Exported.

The establishment is good.

San Filippo.—Italy, Tuscany, valley of the Orcia, near Radicofani.

Bicarbonate of iron and sulphate of lime waters; five springs, ranging from 45° to 120° F.

The establishments might be improved.

San Genesio.—Italy, Piedmont on the Po.

Sulphurous iodurated waters.

Used only for drinking. No establishment of any note.

San Georgen.—Austria-Hungary, near Pressburg.

Earthy alkaline sulphurous waters.

Special indications : Disorders of liver and spleen, chronic skin diseases, lymphatism.

The establishment is situated in an extensive garden, and is elegant and comfortable.

Society at San Georgen is very select.

Sangerberg.—Austria, Bohemia, near Marienbad.

Alkali-saline ferruginous waters.

The establishment is excellent ; accommodation first-class and moderate in price. Park and gardens are well kept. The surrounding country affords very interesting excursions.

Doctor : Dr. H. Penn.

San Germano.—Italy, province of Naples, near the lake of Agnano.

Steam baths, 90° to 150° F. The waters from which the steam is given off contain sulphides of calcium and iron.

Special indications : Rheumatic pains, joint affections, catarrhs, neuralgias, paralysis.

The baths are not prolonged beyond a quarter of an hour.

San Giuliano.—Italy, Tuscany, near Pisa.

Sulphate of lime waters, 80° F.

Special indications : Nervous affections.

The establishments are good.

San Giuseppe.—Italy, Naples, near Mondragone.

Cold ferruginous waters.

Only used by the surrounding peasantry.

San Gregorio de Brozas.—Spain, province of Cáceres, near Alcántara.

Sulphurous earthy waters, 60° F.

Special indications : Intestinal and digestive disorders, hyperæmia of liver, vesical catarrhs, anæmia and chlorosis.

The situation is picturesque, and the surrounding hills are well wooded, and afford long and sheltered walks. The establishment and accommodation are deficient.

Doctor : Dr. Balbas.

San Juan de Azcoitia.—Spain, province of Guipuzcoa, near Tolosa.

Sulphate of lime waters, 40° F.

Special indications : Skin diseases, bronchial catarrhs.

The valley is very beautiful, but the establishment and accommodation are inferior.

Doctor : Dr. Diaz.

San Leopoldo.—Italy, district of Lari, near Val d'Era.

Muriate of iron waters.

Special indications : Vesical catarrh, hysteria, hypochondriasis, liver complaints.

San-Lorenzo.—Austria, Istria, 1½ hour from Trieste, 40 minutes from Pirano.

Sea baths; very fine sandy beach; whey and grape cure; mud baths; a climatic station in summer.

The climate is equable, and the air pure.

San Juan de Campos.—Spain, Balearic Islands, island of Mallorca.

Thermal saline and silicated waters, 115° F.; 0·78 of silicate.

Winter station.

Special indications: Rheumatism, skin diseases.

The waters are good, and would warrant greater use being made of them; at present the establishment, as well as the accommodation, is neglected.

Doctor: Dr. Sanchez Jabra.

San Martino.—Italy, Valtelino, near Bormio; 4,950 feet above sea level.

Mixed sulphurous waters, 10° F.

Season: June—August.

Two well-arranged establishments, and good accommodation.

San-Marziale.—Italy, Tuscany, district of Siena, Val d'Elsa.

Earthy waters, 80° F.

Though well known and much visited in antiquity, the baths are now neglected. In spite of considerable efforts to resuscitate them, they are not much frequented.

San-Michele delle Formiche.—Italy, Tuscany, on the Monte Sestolo.

Sulphurous waters, 120° F.

Special indications: Inveterate gout, skin diseases, nervous affections, rheumatism.

The establishment consists of a small building, with two cisterns and several distinct baths.

San Pedro do Sul.—Portugal, province of Beira.

Hyperthermal sulphurous waters.

San Remo.—Italy, on the Riviera di Ponente, near the French frontier; 18,000 inhabitants. For routes see table.

Winter station of first importance; sea baths.

Season: For winter, November—May. Sea bathing, September—November.

More than 7,000 visitors annually.

Special indications: Latent scrofula, chronic bronchial, stomachic and intestinal catarrhs, emphysema, pharyngitis, laryngitis, pleuritic exudations, incipient phthisis, rheumatism, Bright's disease, diabetes and general debility.

The mean winter temperature, according to Dr. Hassall's statistics, is 52° F.; the mean barometric pressure, 761·5 mm.; relative humidity of the air, 66·4 per cent.; death-rate, 24 per 1,000; rainy days during six season months, 35. Days of sunshine, 164. There is no fog. Snow quite exceptional, in some winters not more than once or twice, and in most winters none at all.

San Remo proper is an old town, with the characteristics and peculiarities of the Middle Ages more marked than in any other town along the coast. It is well sheltered, as the mean temperature shews, and is situated in the centre of a beautiful bay, well guarded by two bold headlands, and is protected on the north and sides by lofty mountains. Both its older and newer portions are higher than any town on the Riviera. The old town is built on a hill, but the newer portion slopes down to the sea-shore. Three ranges of mountains form an efficient natural sheltering barrier; the first consists of seven olive-clad hills, separated from each other by picturesque valleys, in which the lemon tree is successfully and profitably cultivated; the next barrier is Monte Bignone, with an altitude of 4,270 feet, which is pine-clad and forms an unbroken chain, precluding the entrance of the north wind. Behind this second range are the Alpes-Maritimes, with an elevation of from 7,000 to 8,000 feet. San Remo is thus open only to south-east, south and south-west winds.

There is good bathing in summer; a commodious bathing establishment, with large ball room, &c., offers every convenience.

Great improvements in San Remo have recently been made, and several new roads have been constructed. There is an abundant supply of excellent water. A handsome casino is about to be erected, and the sanitary condition of the town may be favourably compared with that of any other town in the Western Riviera. This is shewn by the mortality, 24 per 1,000, which is very little for a town in which the majority are Italians. The occurrence of even a single case of typhoid fever among the visitors is unknown.

In early spring, the country round the bay resembles a vast garden. As regards vegetation, San Remo is perhaps the most favoured of any health resort on the Riviera. As early as the month of February wild flowers come into bloom, a fact which sufficiently attests the mildness of its climate. The air is bracing and healthy to a degree which attracts the attention of visitors staying for any length of time. The climate may be described as moderately warm, dry, very sunny, and, in comparison with other towns on the coast, only slightly stimulating.

There is an opera house, theatre and clubs. An excellent band plays in the Public Garden.

English Churches: St. John the Baptist, All Saints, and a Presbyterian Church.

Post and Telegraph Office: Via Roma.

British Vice-Consul: J. Congreve, Esq., Via Vittorio Emmanuele.

Chemists: Squire (Court Chemist by appointment to His Majesty the late German Emperor), Calvi and others.

Bankers and Exchange Office: Asquasciati Bros., Rubino, and others.

Bookseller and Circulating Library: Gandolfo, Via Vittorio Emmanuele.

House and Estate Agency: Congrêve, Via Privata, A. Benecke.

Doctors: Drs. Hassall, Freeman, Kay-Shuttleworth, Secchi, Strachler, Steinberg, Tymauski, and Rieth.

Hotels: *Hôtel de Londres*, on the West Cliff (*see advt. at end*); also *Bellevue, des Anglais, Royal, West End*, and many others; also many good *l'ensions*.

San Sebastian.—Spain, on the Bay of Biscay, 12 miles from Irun. Population 29,000.

Sea baths.

A fashionable Spanish-watering place, with fine beach and lovely scenery. There is a Casino.

Doctor: Dr. Smith.

Hotels: *Londres, Continental, Inglis, and Martin*.

Santa Agueda.—Spain, province of Guipuzcoa, near Villareal, near the river Aramayouna and Mount Murugain; 800 feet above sea level.

Cold hydrosulphuric waters, also a ferruginous spring.

Season: June—September.

Special indications: Skin diseases, and especially female complaints.

A clean, well-conducted and well-frequented bathing establishment. The accommodation is very good, and prices are moderate. It is undoubtedly the best in every respect in Spain, and can compete with the most famous spas of Germany or France.

The environs are picturesque, and residence pleasant.

Doctor: Dr. Lucientes y Pueyo.

Santa Ana.—Spain, province of Valencia, near Játiva.

Acid waters, 55° F., containing iron.

Special indications: Skin diseases, catarrhs, anæmia, chlorosis, calculus and scrofula.

The establishment and accommodation are inferior, and consequently Santa Ana is little visited.

Doctor: Dr. Suñer.

Santa Barbara.—North America, California.

Thermal sulphurous waters, 90° F.

Santa-Catalina.—Spain, province of Canary Islands, on the island of Gran Canary.

Saline waters 55° F.

There is no establishment, and they are very little used, though their efficacy should make them much frequented. (*See article on Les Palmas.*)

Santa Cesarea (Acqua di)—Italy, province of Lecce, district of Galipoli, near Ortelle, on the line from Brindisi to Otranto; stop at Maglie, thence by omnibus (1½ fcs.), or carriage (5 frs. to 10 fcs.).

Earthy ferruginous sulphurous water, 65° F. Healthy and mild climate.

Season : May—October.

Frequented by more than 4,000 patients during the season.

Special indications : Rheumatism, skin diseases, chronic affections of the intestines.

The establishment is good. Close to the spring accommodation can be had at from 4 fcs. to 8 fcs. a day. Post and Telegraph at Poggiardo, 1 hour distant.

Santa Filomena de Gomillaz.—Spain, province of Aláva, near Vitoria.

Sulphurous earthy waters, also a ferruginous spring.

Special indications : Skin diseases, more especially those of syphilitic origin. Affections of the digestive and urinary organs, leucorrhœa, amenorrhœa and dysmenorrhœa.

The site is very picturesque. The establishment is modern and elegant. Large galleries connect it with the hotel. The whole is surrounded by lovely gardens, and a park with extensive and well-sheltered walks. Especially suitable for patients going south for the winter, who may here pass a short time during the early autumn. The accommodation is in keeping with the establishment. Residence is pleasant. Prices are moderate. Much visited.

Doctor : Dr. Lázaro.

Santa Gonda.—Italy, Tuscany, between Pisa and Florence, on the left bank of the Evola.

Earthy saline waters, 55° F. Mud baths.

Special indications : Skin diseases, chronic gout and rheumatism.

Santa Margherita.—Italy, on the Riviera di Levante, 1½ hours from Genoa.

Winter station.

This little town, at the head of the bay of Rapallo, is charmingly situated in a sheltered position. It has a promising future before it.

Santander.—Spain, capital of province of same name. 40,000 inhabitants.

Sea baths, with very fine sandy beaches at *San Martín*, inside the harbour, with gentle surf, and at *Sardinero* and *Magdalena* outside, with strong surf.

Santander offers a great variety of attractions and amusements during the season.

Santa Restituta.—Italy, island of Ischia, near Lacco.

Saline waters, 115° F.; sand baths.

The establishment is good.

Santenay.—France, Department of Côtes d'Or.

Saline waters; laxative action.

The town has a future.

Santorin.—Greece, an island in the Grecian Archipelago.

Chalybeate waters.

The finest island in the Grecian Archipelago, renowned in ancient times for its luxuriant vegetation.

The establishment is small and incomplete. Some accommodation can be obtained.

San Vicens.—Spain, province of Lerida, near Seo de Urgel.

Sulphurous alkaline waters, 50° F.

Special indications: Skin diseases, bronchial and vesical catarrhs.

The establishment and accommodation are modern, the former not quite complete, and the latter moderate in price. The surroundings are bare.

Doctor: Dr. Laza.

San Vigone.—Italy, Tuscany, valley of Orcia, on the road from Siena to Rome.

Sulphate and carbonate of lime waters, 105° F.

Special indications: Rheumatism, skin diseases.

Saragoza.—Spain, capital of the province of same name, from Paris, *viâ* Bordeaux and Irun.

Situated on the Ebro. It is one of the most ancient towns of Spain.

The country all around is very productive, and the scenery charming. The town is said to have been founded by one of Noah's nephews; it is certainly one of the ancient "castra" of the Romans. It has become famous on account of its siege by the French in 1808 and 1809.

OBJECTS OF INTEREST: The Cathedrals of la Seo and of el Pilar, Lonja, Torre Nueva, Aljaferia, Archiepiscopal palace; General Hospital, University, Workhouse. Casa del comercio, Casa del raporto, Casino, Theatre.

EXCURSIONS: Paseo de Sta. Eulgracia, Torre, Buena Vista, Monte Oscuro, Casa Blanca, Moncayo.

CABS: No fixed tariff, therefore make an arrangement before engaging.

Post-office: In Calle del Coreo.

Telegraph: At Civil Governor's house.

Doctor: Dr. Daina.

Hotels: De l'Univers, de l'Europe, Cuatro Naciones, Viscaina.

Saratoga.—North America, State of New York, near Albany.

Saline waters, 20° to 30° F., and cold bicarbonate of iron waters.

Special indications: Dyspepsia, calculus affections, scrofula.

A very fashionable and much-frequented station. Season, August and September.

Hotels: Great Union, Washington, pension £1 a day.

Sarcey.—France, Department of Rhône, near Lyons.

Cold ferruginous bicarbonate waters.

Sardara.—Sardinia.

Sulphurous waters, 145° F.

Only frequented by inhabitants of the island.

Special indications: Rheumatism.

Sardinero (El).—Spain, province of Santander, and three miles from the capital.

Sea baths, very fine sandy and extensive beach, good surf. The establishments are first-class.

Sojourn here is very agreeable, there being a Casino. The concourse is very large and accommodation abundant; eight large hotels exist, each admitting above 100 persons. Prices are rather high for Spain, as it would be difficult to find pension below 10 fcs. per day.

The surroundings are beautiful, and offer many excursions. Frequented by more than 5,000 visitors in the season.

Sarepta.—Russia, Government of Saratow, district of Zarizyn.

Saline bitter waters. Exported.

There are some establishments, and the accommodation on the whole is comfortable.

Sark.—England, Channel Islands.

A holiday resort only, as there are no baths, nor is the air particularly healthy. The place is interesting for its scenery.

Doctor: Dr. Hale.

Särö.—Sweden, near Gothenburg, province of Halland.

Sea baths.

One of the most picturesque places on the West Coast, and a much-frequented pleasure resort. Holiday resort. Beautiful and stately parks. Mild and refreshing climate.

Sassnitz-Krampas.—Germany, Pomerania, on the island of Rügen.

Sea bathing, sandy beach, with heavy surf.

The situation is fine, and owing to its quiet the place is visited chiefly by real invalids. Accommodation very good.

Doctor: Dr. Fickel.

Sasso di Maremma.—Italy, Tuscany, on the Ombrone, near Grosseto.

Ferruginous bitter waters. Exported.

The establishments are inferior, and accommodation inadequate.

Såtra.—Sweden, in the Government district of Westeras, 8 miles from Sala.

Mild ferruginous water, and hydropathic establishment.

Såtra is one of the older health resorts of the country, charmingly situated, and frequented chiefly by residents of the neighbouring districts.

Good special treatment for diseases of the nervous system.

Doctor: Dr. Henschen.

Saturnia.—Italy.

Sulphurous waters, 100° F.

The establishment might be improved.

Accommodation indifferent.

Saturrarán.—Spain, province of Guipúzcoa, 32 miles from Zumarraga.

Sea baths, very fine sands, strong surf, almost level beach.

Climate bracing.

Frequented by about 2,000 visitors in the season.

Saubusse.—France, Department of Landes, near Dax.

Saline waters, 80° F.

Special indications: Rheumatism.

Saucats.—France, Gironde.

Cold ferruginous bicarbonate waters.

Saudon.—Spain, province of Guadalajara.

Sulphurous waters.

Special indications: Rheumatism and skin diseases.

Saulce (La).—France, Department of Hautes Alpes, near Gap.

Saline waters, 35° to 55° F.

Sault.—France, Department of Vaucluse.

Cold sulphate of lime waters.

Saundersfoot.—Wales, Pembrokeshire, on Carmarthen Bay, near Tenby.

Sea baths and chalybeate waters, sandy beach. Climate fine and bracing.

Season: June—September.

Doctor: Dr. Allen.

Sausillonges.—France, Department of Puy de Dôme.

Cold bicarbonate of soda waters.

Special indications: Liver complaints, anæmia.

Saute-Vaux.—France, Department of Cantal.

Bicarbonate of soda waters.

Special indications: Liver complaints, anæmia, feeble digestion.

Savergnolles.—Department of Cantal.

Cold ferruginous bicarbonate waters.

Special indications: Chlorosis.

Saxe (La).—France, near Courmayeur in Savoy ; 3,750 feet above sea level.

Sulphate of lime waters, 70° F.

The establishment is good and affords comfortable accommodation.

Saxon.—Switzerland, Canton Valais ; altitude 1,700 feet.

Bromo-iodurated saline waters, 60° F. Climate mild and healthy.

Special indications : Syphilis, scrofula, and gout.

The environs are very picturesque, and numerous excursions may be made.

This health resort is held in great esteem by the Swiss.

Doctor : Dr. Deneriaz.

Scarborough.—England, Yorkshire, on the coast of the North Sea, from London by the Great Northern.

Cold sulphate of magnesia and iron waters.

Very fashionable and much-frequented sea baths.

Hydropathic establishment.

Doctors : Drs. Cooke, Dale, Farrer, Flint, and many others.

Hotels : The Royal, Grand, &c.

Scëy.—France, Department of Haute Saône, near Vesoul.

Cold mixed bicarbonate waters.

Schaffhausen.—Switzerland, capital of Canton of same name.

Climatic health resort.

Near here are the health resorts of *Neuhausen*, *Bains de Osterfingen*, *Unterhallan*, *Merishausen*, *Hohenklingen*.

Schandau.—Germany, Saxony, railway from Dresden to Prague.

Cold ferruginous bicarbonate waters.

A climatic station. Tonic action.

Hydropathic establishment upon Kneipp's system.

Doctors : Drs. Muller and Oertel.

Hotels : Bath, Sendig.

Schauenborg.—Switzerland, Canton Bâle, station Liestal.

Saline baths and general hydropathy.

Doctors : Drs. Schneider and Peter.

Schelesna-Wodsk.—Russia, Caucasus, near Pjätigorsk ; 1,800 feet above sea-level.

Alkaline ferruginous waters, 65° to 110° F.

Koumiss cure.

Special indications : Intestinal catarrhs, hypochondriasis, catarrh of the urinary organs, rheumatism.

The climate is very healthy, the place being surrounded by pine and other woods. The establishment is elegant, but the accommodation not quite up to the level of western requirements.

A much-frequented station.

Scheveningen.—Holland, near the Hague, on the North Sea.

A very well-frequented (30,000 persons from all parts of Europe) sea bathing station of first importance. Season, from 1st June to 1st October. Very fine sands. The surf is strong. Scheveningen is surrounded by large woods of pine and oak. Temperature of the water, 65° F. Bracing climate.

The bathing arrangements are excellent, and include ladies', gentlemen's and mixed baths. The hydropathic establishment, owned by the Kurhaus Direction, is exceedingly well arranged. Schenningen possesses a splendid Kursaal, with terrace facing the sea, where every day concerts by the Philharmonic Orchestra, from Berlin, are held. There are excellent lawn tennis courts near the Kurhaus, also a golf club, and the Club de Scheveingen.

The Hôtel Kurhaus and the Hôtel d'Orange are both excellent establishments. Everywhere in Scheveningen scrupulous cleanliness is the rule.

Hotels: Hôtel Kurhaus, Hôtel d'Orange, Hôtel des Galeries, &c., and a large quantity of villas.

On the climate and indications, see—

Doctor Francken's "*Etude sur les bains de mer du littoral Hollandais*," at Paris (Jouve), and his "*Guide for Scheveningen*" (1891), at the Hague (Belinfante Brothers); and the "*Climate and Health Resorts*" of Burney Yeo, of King's College (1891).

Doctor: W. Francken, M.D., of the Paris Faculty, Medical Officer of the Sea Bathing establishment at Scheveningen; winter station (Mentone, Garavan), and Monte Carlo; specialist for balneology, climato-therapeutics, and female diseases; speaks English.

Schieder.—Germany, Principality of Waldeck, near Meinberg.

Saline waters and brine baths.

Primitive arrangements.

Schiersch.—Switzerland.

Climatic health resort.

Doctor: Dr. Flury.

Schimberg.—Switzerland, Canton Lucerne, near Ebenstetten; 5,000 feet above sea level.

Alkaline sulphurous and ferruginous waters. Mountain air cure.

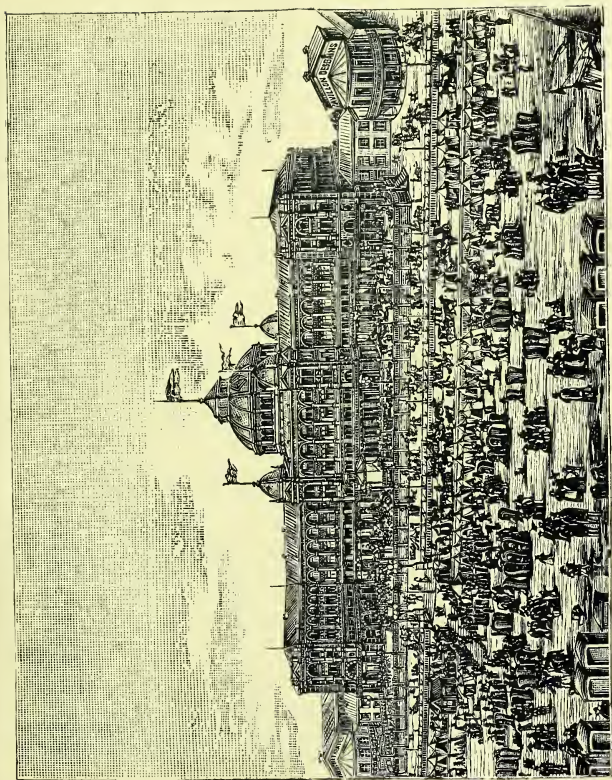
A much-frequented establishment.

Doctor: Dr. Houlman.

Schinzach.—Switzerland, Canton of Aargau, between Berne, Basle, and Zurich, station on the North-East Swiss Railway; 1,100 feet above sea level. For routes see table.

Sulphurous waters of considerable celebrity, very rich in sulphuretted hydrogen and carbonic acid, also in chloride of sodium and salts of lime, 95° F. The springs, recently lined with cement, yield about 220 gallons a minute.

Season: 15th May to 1st October.



KURHAUS OF SCHEVENINGEN.

Special indications: Chronic skin diseases, eczema, acne, psoriasis, furunculosis, &c., scrofula, chronic nasal, throat, and laryngeal catarrh, bronchitis, emphysema, asthma, rheumatism, gout, syphilis, mercurialism.

The mean temperature in summer is 67° F.; the mean barometric pressure 0·728. Atmospheric disturbances are exceedingly rare, and the changes never very rapid.

Schinznach is most picturesquely situated on the rapid and beautiful stream of Aar, at the foot of the Wülpelsberg. This hill, crowned with the old and far-famed ruins of the castle of the Hapsburgs, slopes down into a fertile and well-wooded valley with a southern aspect.

The establishment stands in its own grounds, which are of large extent, mostly laid out in park, with numerous shady walks, protected from dust and noise. An excellent farm supplies visitors with its produce. Schinznach appears to have been especially intended as a paradise for children.

In this park are six dwelling-houses or pavilions (capable of admitting 350 persons), communicating with each other and with the bath house by long covered verandahs and galleries. Cleanliness in every detail and a faultless table are the principal features of these houses.

The director of the establishment, Mr. Hans Amsler, who has lived for some years in England, and knows English requirements and habits, is very obliging, and will gladly give further information on application.

Post and telegraph office in the establishment: eight departures and distributions daily.

Protestant church.

No cure tax as in many German watering-places.

Concerts, balls, and all other amusements and distractions; walks and excursions of great variety and beauty.

Cabs and carriages, horses.

Three doctors at the establishment, all of whom speak English.

The internal use of the iodine waters of Wildegg (3 miles from Schinznach) is very efficacious in connection with the baths of Schinznach.

Patients with skin diseases, especially eczema, are advised to continue the waters and fomentations at home, after having left Schinznach. The water bears travelling well.

Doctors: Drs. Tymowski, Hemmann and Amsler.

Hotel: *Hôtel Etablissement Thermal.*

Schlackenbad.—Prussia, Saxony, near Hettstadt.

Artificial inert thermal baths.

The establishment is good, and contains ball, concert, assembly and billiard rooms. The situation is romantic.

Schlangenbad.—Germany, Prussian province of Hesse-Nassau, near Wiesbaden; 950 feet above sea level. For routes, see table.

Indifferent waters, 85° to 92° F. Nine springs.

Season: 1st May to 1st October.

Special indications: Menstrual difficulties, female diseases, chronic inflammation of the pelvic organs, neuralgias, gout, rheumatism, skin diseases, and bad complexions.

The establishment is well arranged, and Schwalbach waters (half hour's distance) are often successfully combined with milk, whey, and aromatic herb essences. The waters are prescribed as baths for Schwalbach patients whose skins are made rough by using the water. They have a marvellous effect in restoring the softness of the skin thus roughened and hardened.

The village (60 houses with 500 inhabitants) is situated in a valley of the Taunus, with three entrances towards the south and the Rhine. The valley is surrounded by hills, clothed with forests, and rising to a height of 1,900 feet. The atmosphere is very pure and fresh, and saturated with ozone. The environs are charming and idyllic, with many well-shaded and beautiful promenades and drives.

Concerts, balls, reading-rooms, and various other amusements. Tax for one person 12 marks, other members of a family 9 marks each.

The Kurhaus, Casino, upper, middle, and lower Kurhaus, Hotel de Berlin, and Swiss House are all under the management of the Government.

The baths are in three separate establishments.

Dr. Baumann has written an excellent treatise on the Schlangenbad waters.

Post and telegraph in the Kurhaus. In ordering rooms in the Royal or Government Kurhauses, Inspector P. Georgi should be written to. English Divine service.

Doctors: Drs. Baumann, Grossmann and Wolff.

Royal Buildings, Nassauer Hof (with Restaurant), *Casino, Upper, Middle and Lower Kurhaus, Hôtel de Berlin* and *Swiss House*.

Schlegwegbad.—Switzerland, Emmenthal district.

Bicarbonate of lime, soda and ferruginous waters of a superior class, and containing much carbonic acid gas.

Doctor: Dr. Lanz.

Near here are the health resorts of *Ronachbad, Langnau, Le Napf* and *Rulschachen*.

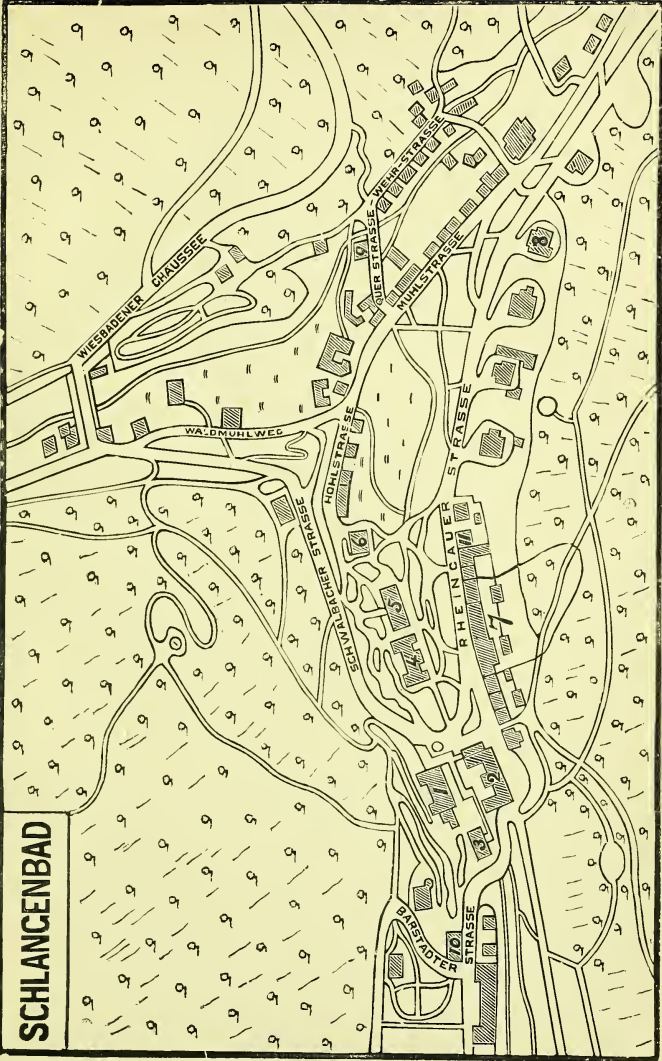
Schleusingen.—Germany, Thuringia, 1½ hours from Hildburghausen; 1,240 feet above the sea level.

A climatic air station.

The establishment and accommodation are very good.

Doctors: Drs. Kapenhagen and Werthen.

SCHLACENBAD



1. Upper Kurhaus.
2. "Hôtel de Nassau."
3. "New Hotel."
4. Lower Kurhaus.
5. "Hôtel de Berlin."
6. Swiss Chalet.
7. "Hôtel Victoria."
8. Dr. Baumann's Villa.
9. Chemist.
10. English Church.
11. Post.

Schliersee.—Germany, Bavaria, near Miesbach; 2,400 feet above the sea level.

Climatic air station.

Doctor: Dr. Hummel.

Schmalkalden.—Germany, Hesse-Nassau, on the Werra Railway line; 1,000 feet above sea level.

Iodo-bromurated saline waters, 45° F. Brine baths.

Special indications: Scrofula.

The establishment is good and the site picturesque.

Doctors: Drs. Tuckel and Knatz.

Hotels: Crown, Eagle.

Schmardau.—Russia, Lithuania, district of Apitsch, near Podaizen.

Sulphurous waters; not much frequented.

Schmecksz, or Tatra-Füred.—Hungary, comitat Zips, rail to Poprád; 3,100 feet above sea level.

Pure alkaline bicarbonate waters. For table use only.

Climatic station.

Special indications: Debility, disorders of the digestive organs, catarrh of the intestines, derangements of liver and spleen, rachitis, anæmia and scrofula, phthisis, emphysema, bronchial, laryngeal, and pharyngeal catarrhs.

Bookseller: A. Mayer.

Doctor: Dr. L. Jarmay.

Hotel: The establishment.

Schmeckwitz.—Germany, Saxony, near Dresden.

Earthy saline sulphurous waters, 55° F.

The establishments are good, but the accommodation is not of the best.

Schmerikon.—Switzerland, Canton St. Gallen, near Uznach.

Cold ferruginous bicarbonate waters.

Climatic station.

The establishment is well arranged and beautifully situated, with a view over the lake of Zürich.

Doctors: Drs. Keller and Muller.

Schmiedeberg.—Germany, Silesia, near Hirschberg.

Climatic air station.

Doctors: Drs. Lubeke and Rode.

Schnittweierbad.—Switzerland.

Climatic health resort.

Doctor: Dr. Lenz.

Schönauf.—Austria, Bohemia, near Teplitz.—*See TEPLITZ-SCHÖNAU.*

Thermal indifferent waters.

Special indications: Gout and nervous affections. There are extensive military hospitals here.

Schönbeck.—Germany, Prussia, province of Saxony.
Saline waters.

Schönbrunn.—Switzerland, near Zug; 2,270 feet above sea-level.
Hydropathic establishments, climatic and whey cure station.
Irish and Turkish baths.
The site is very fine. Climate mild and bracing. The establishment is excellent, and the accommodation equal to that in the best Swiss hotels.

Schöneck.—Switzerland, Canton Unterwalden, above Beggenried, Lake of Lucerne.
A summer station, with hydropathic establishment, compressed air baths.
Doctor: Dr. Von Corval.

Schonegg.—Switzerland, near Spiez.
Climatic air station.

Schöngau.—Switzerland, Canton of Lucerne.
Cold bicarbonate of lime waters.

Schooley Mountains.—United States of North America, State of New Jersey.
Ferruginous and magnesian waters.
A much-frequented station.

Schreiberhau.—Germany, Upper Silesia, near Warmbrunn.
Climatic air station, and great centre for excursions.
The surrounding country is very mountainous. The accommodation fair and cheap.
Doctors: Drs. Ashelm and Möcke.

Schûls, also Tarasp-Schuls.—Switzerland, Canton of Grisons.
Cold bicarbonate of soda and iron waters.

Schum.—Austria, Tyrol, district of Botzen.
Alkaline ferruginous and sulphurous waters.
Special indications: Anæmia, rheumatism and general debility, skin diseases and chronic sores.

Schüols.—Switzerland, Engadine, 10 hours from St. Moritz; 3,730 feet above the sea level.
Effervescent ferruginous waters. There are some 30 springs, of which only a few are used.

Schupfheim.—Switzerland, Lucerne.
Ferruginous and carbonate of lime waters, with crenic acid and carbonic acid gas.
Doctor: Dr. Enzmann.
Near here are *Heiligkreutz* and *Entlebuch*, both health resorts.

Schwalbach or Langenschwalbach.—Germany, Hesse-Nassau, between Wiesbaden, Ems and Frankfurt; 955 feet above sea level. For routes see table.

Iron waters; every description of bath; climatic station; mud baths (peat).

Season : May to October.

Number of visitors, between 5,000 and 6,000, as shewn by the visitors' list, the majority being ladies.

Special indications : All female complaints are treated here as a specialty; anæmia, chlorosis, nervous complaints, debility of muscles and mucous membranes, especially catarrhal affections of the genital and urinary organs, and sterility.

Schwalbach is a town of about 3,000 inhabitants, and its upper part is pleasantly arranged and most picturesque. It is only a short distance by rail from Wiesbaden, and is one of the most frequented Spas on the Continent. There are public grounds most tastefully laid out, in the midst of which is the favourite spring; a magnificent Kursaal, with a handsome ball room; here a table d'hôte dinner is served daily. A fine band of music gives concerts, and the walks and drives in the locality are numerous and worth taking. The number of visitors increases rapidly year by year, and few places are more pointedly coming to the front than Schwalbach. The principal number of visitors come from England, and there is an "English air" pervading the place, which is marked on every hand. There are several bath-houses, all elaborately fitted up, the principal one being close to the principal spring, the "Weinbrunnen." There are five Springs: the Stahl, Wein, Pauline, Rosen, and Linden, their average temperature being about 55° F. Their principal characteristic is the amount of iron they contain (about five grains to the gallon) in the form of the bicarbonate of the protoxide; in addition to this they contain bicarbonates of lime and soda, chloride of sodium, and sulphates of potash and soda. But their value rests upon certain peculiarities they possess, which make the iron they contain enter into the system in a marvellously direct manner, and its assimilation in a powerful degree maintained; this is due to a variety of causes, one of which is the presence of an unusually large amount of free carbonic acid gas, which, by a clever process of steam heating, is maintained more or less intact in a heated bath. So pronounced is the action of the iron that a succession of baths stains the skin yellow, and imparts to it a sensible roughness which, singular to remark, is got rid of by bathing in the waters of Schlangenbad, a mineral water establishment some five miles distant. The iron in the water mildews and stains linen. There is no spring, at present discovered, which assimilates iron to the system like that of Schwalbach, and, as

far as is at present known, no pharmaceutical preparation, dialysed or otherwise, which can impregnate the system with iron as rapidly as Schwalbach water can. Patients who "cannot take iron" from a medicine bottle can take it here with markedly good effects. Even the waters of Spa and Bruckenau do not act as markedly as these do, where the assimilation of iron is the physician's principal aim. It is impossible to relate all the diseases which these waters will assist in curing, and no doubt, as scientific investigation advances, new methods of treatment will appear, and new properties be assigned to them. The comforts and requirements of visitors are all carefully noted by those having the direction of the town. The Burgomeister is the ruling spirit, who presides over the Town Council, which is an energetic body, anxious to develop the popularity of the waters, and give them the publicity they justly deserve. A letter to him will bring the writer a printed circular, giving full information upon most matters the visitor requires to be informed upon; and, if asked for, a copy of "Führer durch Bad Langenschwalbach," which is a most exhaustive treatise in German. Dr. Boehm, the leading physician, can also be applied to for a copy of the admirable work written by the late Dr. Ad. Genth, which is interesting and instructive. There is a kurtax charged, but it is not high, considering that it gives free admission to almost everything. There are five first-class Hotels: the Allee Saal, Duke of Nassau, Métropole, Taunus, and Tivoli. The second-class Hotels are the Wagner, Berliner Hof, and Russiker-Hof. It would be invidious to compare the first-class Hotels with each other; they are all good, and the most fastidious cannot find the least fault with their arrangements. There are weekly dances, concerts, fêtes, &c., during the season. The town band numbers 25 musicians. Shops are closed on Sundays.

A direct railway from Wiesbaden to Schwalbach was opened in November, 1889.

Omnibuses and cabs meet every train; ten minutes' drive from the station to the town proper.

English Church.

Post and Telegraph.

Banker and Exchange Office: Ernst Grebert.

Wine Merchant: Ferd. Grebert Söhne.

Doctors: Drs. Frickhöffer, Grebert, Boehm and Genth.

Schwalheim.—Germany, Hesse Nassau, near Frankfort-on-Maine.

Mixed cold bicarbonate waters. For table use only.

Doctor: Dr. Fleury.

Schwallungen.—Germany, Saxe-Meiningen.

Ferruginous waters.

The establishment is indifferent.

Schwarzbach.—Germany, Upper Silesia, near Greiffenberg; 1,600 feet above the sea level.

Climatic air station, and slightly chalybeate waters.

Pure mountain and pine forest air is the characteristic and therapeutical agent of the place.

There are also some very slight chalybeate springs.

Doctor : Dr. Kirsch.

Schwarzenberg.—Switzerland, near Aarau; railway station at Malters; 2,150 feet above sea level.

Alkali-saline waters.

The establishments are good and the place much frequented.

Doctor : Dr. Schnyder, from Malters.

Schwarzenberg.—Austria-Hungary, comitat Zips, near Igló.

Hydropathic establishment, with all modern requirements.

Schwarzseebad.—Switzerland, six hours from Fribourg; 3,269 feet above the sea level.

Sulphurous waters; climate severe, but healthy.

The establishments are good.

Schwefelbad.—Austria-Hungary, comitat of Zips, near Leibnitz.

Cold sulphurous waters.

Special indications : Rheumatism, gout, chronic skin diseases, and old sores.

The site is beautiful and the establishment good.

Schwefelbergerbad.—Switzerland, Canton of Berne; 4,170 feet above the sea level.

Sulphurous waters; little used.

Doctor : Dr. Schwab.

Schweizerhalle.—Switzerland, Canton Bâle, near railway station of Pratteln.

Chloride of soda waters.

Doctor : Dr. Martin.

Schweizermühle.—Germany, Saxony, near Königstein; 1,200 feet above sea level.

Hydropathic establishments and climatic station.

Special indications : Affections of the lungs and respiratory organs.

The establishment is elegant, and contains comfortable assembly rooms. The accommodation is good and moderate in price.

Doctor : Dr. Leo.

Schwelm.—Germany, Westphalia.

Cold ferruginous bicarbonate waters.

Doctors : Drs. Herr and Scheele.

Schwendikaltbad.—Switzerland, in the Lucerne district.

Bicarbonate of lime and ferruginous springs with free carbonic acid.

Goats' milk cure.

Doctors : Drs. Ming and Surbeck.

Schwyz.—Switzerland, 1½ hours from Lucerne.

Climatic health resort.

Doctor : Dr. Fassbind.

Hotel : Rössli.

Sciacca.—Italy, Sicily, on the south-west coast.

Three springs, one sulphurous and ferruginous, and one magnesian, the latter slightly purgative; also natural steam baths.

The establishments are good, and the place is much frequented. The accommodation is scarcely in accordance with English requirements.

Sclafani.—Italy, Sicily, province of Palermo.

Sulphate of lime waters, 145° F., containing alum.

Season : May—July.

Bathing establishment is old-fashioned, but the accommodation is fair.

Scsavnik.—Austria-Hungary, comitat of Zemplén, near Eperies.

Alkaline ferruginous sulphurous waters.

The establishment is arranged in a primitive manner.

Seaford.—England, Sussex, near Eastbourne.

Sea baths, shingly beach. Climate fine and bracing.

Doctor : Dr. W. Pringle Morgan.

Seascale.—England, Cumberland.

Sea baths, sandy flat beach; bracing climate.

Season : June—September.

Seaton.—England, Devonshire, near Sidmouth.

Sea baths, heavy surf; climate mild and bracing.

Doctors : Drs. Pattison, Evans and Palmer.

Hotel : Royal Clarence.

Seaton-Carew.—England, Durham, on Hartlepool Bay.

Sea baths, firm sandy beach; climate bracing.

Doctor : Dr. Norman.

Sea-View.—England, Isle of Wight.

Sea baths, extensive and sandy beach; climate dry and bracing.

Hotel: The Crown.

Sebastianweiler.—Germany, Württemberg, near Tübingen.

Sulphate of sodium waters, 40° F.; laxative and diuretic action.

Well-appointed establishment. The sojourn is quiet, and offers but few amusements.

Sedlitz.—Austria, Bohemia.

Sulphate of sodium and magnesia waters. Purgative action.

Seebbruch.—Germany, Westphalia, district of Herford, near Vlotho.

Cold sulphurous waters.

Not much used, and the arrangements are primitive, though the waters are said to be very efficacious.

Seelisberg.—Switzerland, Canton of Uri, Lake of Lucerne; 2,210 feet above sea level. For routes see table to Lucerne, thence by rail to Flüelen and boat to Treib, or from Lucerne by boat to Treib; thence by carriage, 30 minutes.

Climatic station in summer, with whey cure and baths in the lake of Seeli. Air very mild and pure; very sheltered. Baths in the hotel.

Season: May 15th to October.

The Canton of Uri is celebrated for the legend of William Tell and the Oaths of Alliance. It is the cradle of the Swiss confederacy. In 1852, the present excellent hotels, three in number, were built. They form the chief attraction of Seelisberg, both as a quiet and comfortable place of call and as a centre for numerous excursions. Owing to its altitude of 2,500 feet, this establishment enjoys the same climatic conditions as the other stations in Switzerland. A moist atmosphere, with an equable and comparatively low temperature, is the characteristic of Seelisberg from a hygienic point of view. Vegetation is luxurious, and forests, consisting chiefly of pine and fir, begin at the very door of the establishment. The terrace in front of the hotel is 650 feet long, and 1,200 feet above sea level. It is shaded by trees, and is an excellent place to enjoy the beautiful scenery from, or for walking exercise. There is a "Trinkhalle," where most European mineral waters are supplied. Baths of every description; English church in the hotel; Post and Telegraph Office. During the season, concerts, balls, &c.

Doctor: Dr. Heussen.

Hotel: *Hôtel Sonnenberg*, a first-class hotel, with all conveniences, &c. (*see advt. at end*).

Seon.—Germany, Upper Bavaria, near Endorf ; 1,725 feet above sea level.
 Earthy waters ; whey cure and brine baths.
 The establishment is good and the situation very picturesque.

Seewen.—Switzerland, half-hour from Schwyz ; 1,410 feet above sea level.

Ferruginous waters, highly effervescent.

The establishments are very good and the accommodation comfortable and abundant.

Doctor from Schwyz.

Near Seewen are *Stoos*, *Immensee*, *Bains de Nuolen*, *Bains de Woegithal* and *Floeschenloch*.

Seewis.—Switzerland, Grisons, near Landquart ; 2,800 feet above sea level.

Climatic air station ; whey and milk cure.

Doctor : Dr. Bauchly.

Segesta.—Italy, Sicily, half-hour from the ruins of this old town.

Sulphurous waters, 165° F.

Used in a primitive fashion.

Segray.—France, Department of Loiret, Arrondissement of Pithiviers.

Cold ferruginous waters.

Segre.—France, Department of Maine and Loire.

Cold ferruginous waters.

Segura.—Spain, province of Castellon de la Plana.

Saline sulphurous waters, 55° F.

Special indications : Skin diseases and lymphatic affections.

Primitive arrangements.

Segura de Aragon.—Spain, province of Teruel, near Montalvan ; 2,200 feet above sea level.

Alkaline and saline waters, 55° F., also a ferruginous spring.

Special indications : Rheumatism, nervous affections, hysteria, chorea, female complaints, leucorrhœa, eye affections, scrofula.

The establishment is antiquated, but accommodation is good and moderate in price.

Doctor : Dr. Viñolas.

Seltz or Selters.—Germany, Nassau, Circuit of Wiesbaden on the Ems.

Alkaline highly effervescing waters. Used only for exportation.

Doctor : Dr. Baldero.

Semur.—France, Department of Côte d'Or.

Cold saline waters. Five grains of mineralisation.

Sennfeld.—Germany, Bavaria, near Schweinfurth-on-the-Maine.

Sulphurous waters ; little used.

Sentein.—France, Ariège, near St. Girons.

Cold bicarbonate of iron waters.

Sepey.—Switzerland, Canton Vaud, $7\frac{1}{2}$ miles from Aigle by carriage; 3,500 feet above the sea level.

A mountain air station.

Excursions in the charming valleys of Ormonts and the Mosses; place of call for Chateau d'Oex and Diablerets. Very pure air. Post, telegraph, carriage and relays of horses, with guides.

The *Hôtel and Pension des Alpes* is the only hotel which can be recommended. V. Chenaud, proprietor.

Seraglio.—Italy, near Siena.

Indifferent waters, 60° F.

No establishment and little or no accommodation.

Serapis, Temple of.—Italy, near Pozzuoli and Naples.

Alkali-saline waters, 85° F.

A place now scarcely visited, but very celebrated in antiquity, as its ruins shew.

Seravalle.—Italy, Tuscany.

Ferruginous waters, 40° F.

Serboneschte.—Roumania, near Putschos.

Sulphurous waters.

Arrangements primitive.

Serdobol.—Russia, Finland, on the north shore of Lake Ládoga.

Earthy waters.

Only used by the surrounding peasantry.

Sergiewsk.—Russia, Government of Orenburg, near Kasan.

Sulphurous waters.

No accommodation, and visitors have to provide it for themselves as best they can.

Sermaize.—France, Department of Marne, near Vitry le Français.

Mixed sulphate and bicarbonate waters, with a laxative and slightly diuretic action.

Serneus.—Switzerland.

Climatic health resort.

Doctor: Dr. Zweifel.

Seville.—Spain, capital of the province of same name, from Paris, *viâ* Bordeaux, Irun and Madrid.

As the town is said to have been founded by the Phœnicians, its great antiquity must be admitted. It is one of the most interesting towns in Spain, and is situated in a plain on the right bank of the Guadalquivir.

It was one of the most formidable of Roman strongholds, and became a flourishing city after its siege and capture by Julius Cæsar.

OBJECTS OF INTEREST: The Cathedral, the Alcazar, the Giralda, the Triana, Museum, Churches of la Caridad, St. Isidro, San Miguel, Sta. Maria la Blanca, Town Hall, Lonja, Fabrica de Tabaco, Picture galleries, Palace of St. Telmo Italica, Baños de Carmona, the walls around the town, Sta. Lorenzo, University, Colombian Library, the Palace of the Archbishop, Hospital, Mint, Casa de Pilatos, Tower of Gold.

EXCURSIONS: Ruins of Ithalica, Azualfarrache, Triana Cartujà.

CABS: One or two persons, 2 fr.; three or four, 3 fr.; by hour, one or two persons, 4 fr.; three or four, 5 fr.

Post-office: Close to Hotel Madrid and de Paris.

Telegraph-office: Calle de Bailen.

Doctors: Drs. Hauser, de Uriarte and Langdon.

Hotels: *De las Cuatro Naciones, de Paris, de Madrid, de l'Europe.*

Shanklin.—England, Isle of Wight.

Sea baths, fine sandy flat beach.

Air pure and healthy.

Season: June—October.

Doctors: Drs. Dabbs, Couper, Fryer, Lloyd, Brumwell, Jeafferson and Shillitoe.

Hotels: *Royal, Spa, Hollier's, &c.*

Shap.—England, Westmoreland.

Alkaline waters.

Doctor: Dr. Long.

Sheerness-on-Sea.—England, Kent, on the Medway.

Sea baths, shingly and sandy beach, climate bracing.

Season: June—September.

Doctors: Drs. Arrol, Larkin, Swales, Curry, McKinlay, &c.

Hotel: *The Fountain.*

Shotley.—England, Northumberland.

Chloride of calcium and ferruginous waters.

Doctor: Dr. W. Allen.

Sibitschudi-Suz.—Roumania.

Ferruginous and sulphurous waters. Very primitive arrangements, and the place is little visited.

Sibó.—Austria-Hungary, comitat of Zsolnók.

Sulphurous waters, little used.

Sid.—Austria-Hungary, comitat of Gömör, near Vargede.

Alkaline ferruginous waters.

The arrangements are of the most primitive kind, and very little is done for comfort.

Sidmouth.—England, Devonshire, near Exeter.

Sea baths, sandy beach ; climate equable.

Season : June—September.

Doctor : Dr. Hodge.

Hotels : The Royal York, the Knowle.

Siekeriki.—Russia, Poland, near Varsovia.

Ferruginous waters.

The establishment is incomplete.

Sierk.—Germany, Lorraine, near Thionville.

Cold saline waters, similar to those of Mondorf.

Doctors : Drs. Burg and Weinberg.

Sierra Alhamilla.—Spain, province of Almeria, near Pechina ; 1,800 feet above sea level.

Alkaline effervescent waters, 120° F. ; used in drinking.

Special indications : Rheumatism, gout, uric diathesis, paralysis, white swelling, tendinous contractions, caries and necrosis, chronic ulcers, hyperæmia of liver and intestinal obstructions.

The establishment is thoroughly well fitted up. The accommodation is very inferior, the rooms containing only chairs and tables ; patients are expected to bring their own bedding and linen. The prices are moderate.

Doctor : Dr. Hernandez.

Sierra Elvira.—Spain, province of Granada, near Santa Fê.

Sulphurous earthy waters, 60° to 65° F.

Special indications : Skin diseases, rheumatism, stomachic disorders, vesical and uterine catarrhs, chorea and scrofula.

The establishment is much behindhand, and the accommodation very inadequate.

Doctor : Dr. Saez de Tejada.

Sierre.—Switzerland, on the Lausanne-Brigue Railway ; 4,800 feet above the sea.

Climatic air station for spring and autumn.

Doctors : Drs. de Courten and de Sépibus.

Hotel : Bellevue.

Siete-Aguas.—Spain, province of Valencia, near Chiva.

Effervescent alkaline waters, 50° F., containing traces of iron.

Special indications : Nervous complaints, dyspepsia, skin diseases, scrofula.

The establishment and accommodation are fairly good. The situation is fine.

Doctor : Dr. Gil.

Sigliano.—Italy, Romagna, valley of the Teverino.

Alkaline ferruginous waters.

The arrangements are still of a primitive character.

Silkeborg.—Denmark, two miles from Silkeborg in Jutland.

Hydropathic establishment.

Silkeborg is the only actual cure station in Denmark; it lies in a most charming site, and is one of the most picturesque places in the country. Established in 1883. All arrangements are very good.

Doctor : Dr. Klee.

Silloth.—England, Cumberland, near Carlisle.

Sea baths; sandy and gravel beach; climate mild, dry, equable.

Season : June—September.

Doctor : Dr. Leitsch.

Hotel : The *Solway*.

Sils-Maria.—Switzerland, Engadine, near Maloja.

Climatic health resort.

Doctor : Dr. Courtin.

Silvanès.—France, Department of Aveyron, near St. Afrique.

Ferruginous bicarbonate waters, 90° F.

Silvaplana.—Switzerland, Engadine.

One of those delightfully situated villages in the suburbs of St. Moritz where visitors congregate, who, wishful to secure mountain scenery and be removed from the busy whirl of the last-named centre, assemble during the summer. Here they can be accommodated in first-class style at reasonable rates, and have views of mountain scenery which are scarcely equalled by any in the Engadine. The valley below the village, which is the site of a deserted village, is in one of the sunniest and best sheltered situations in the locality, and it is surprising that no large hotel has not been built here, especially as there is a mineral spring which possesses certain virtues, although the amount of sulphate of lime it contains detracts from its virtues. The village is three miles from St. Moritz. English Church, mountain guides; and looking down upon a long lake is a first-class hotel—the *Hotel Poste Rivalta*—which is a diligence station. This hotel has 60 bed rooms, baths, billiard rooms, and numerous salons, and is largely patronized by English visitors, who speak well of the *cuisine* and the comforts they receive. The village is 5,958 feet altitude; population 236. Lovely walks and drives in the neighbourhood. Professor Lebert has written a book on Silvaplana (published by Orell, Fussli & Co., Zurich); it gives an analysis of the spring.

Sinigaglia.—Italy, province of Ancona, and near that town.

Sea baths and sulphurous spring, 110° to 130° F.

Special indications: Arthritis, rheumatism, gout, skin diseases, affections of the liver and spleen.

Much frequented by wealthy Romans, although there is no bathing establishment. The spring is half-an-hour distant from the town.

Sinzig.—Germany, Rhenish Prussia, near Bonn.

Alkaline muriatic waters; a climatic station in summer, with whey and grape cure.

A very old town, with picturesque surroundings.

Doctor: Dr. Aschmann.

Sion.—Switzerland, Valais.

Grape cure station.

Siradan.—France, Department of Hautes Pyrénées, near Bagnères de Bigorre.

Sulphate of lime and ferruginous waters.

Special indications: Affections of the urinary organs, chlorosis, and anæmia.

Sironabad.—Germany, Hessen, near Nierstein.

Sulphurous waters.

The ruins, said to be those of Roman buildings, serve to shew the long period during which these waters have been used. The place is now little visited.

Sisso.—Austria-Hungary, comitat of Neutra, district of Gross-Tapolczá.

Alkaline-saline earthy waters.

Little visited.

Sitka.—Russian America, Alaska, on the Island of Baranoff.

Hyperthermal sulphurous waters.

Sixt.—France, Department of Upper Savoy, near La Croix de Pilly.

Effervescing ferruginous waters.

Skara-Chori.—Greece, Morea, Elis, near Katakobi.

A sulphurous warm lake.

There are some ruins of ancient baths with mosaic floors. They are still used as baths.

Skegness.—England, Lincolnshire.

Sea baths, sandy beach; climate bracing.

Season: June—September.

Hotel: The Sea View.

Doctors: Drs. Bernard and Wray.

Skinburness.—England, Cumberland on the Solway.

Sea baths, fine sandy beach; climate mild and dry.

Season: June—September.

Sköfde.—Sweden, near the town of Sköfde.

Hydropathic establishment.

A good and well-appointed establishment. Very much frequented.

Doctor: Dr. Behm.

Slepzoff-Michailloff Springs.—Russia, Caucasus, near Wladikawkas. Sulphurous waters, 70° F.

There is a military hospital, but all other arrangements are as yet in a primitive state. The site is romantic and the scenery wild. Good hunting can be had.

Smokobe.—Turkey, on the Greek frontier.

Sulphurous waters.

Very primitive; holes are sunk in the ground.

Smyrna.—Asia Minor, near west coast.

Thermal sulphurous waters.

Sobron.—Spain, province of Alava, near Vitoria and Miranda.

Alkali-saline waters, 60° F.

Special indications: Chronic intestinal derangements, hyperæmia of liver and spleen, vesical catarrhs, menstrual difficulties.

The place is situated in a charming valley. The establishment is not quite complete, but affords good accommodation at low prices.

Doctor: Dr. Tejada y España.

Soden.—Germany, Nassau, at the foot of the Taunus, near Frankfort-on-Maine; altitude, 450 feet; population, 1,400.

Effervescing and saline ferruginous water, 45° F., with laxative action, and said to be tonic; there are 24 springs.

Special indications: Scrofula, abdominal plethora, pulmonary phthisis.

Fine climate, beautiful situation.

Doctors: Drs. Thilenius, Hughes and Fresenius.

Hotels: Kurhaus, Colossus, Frankfurter Hof.

Söderköping.—Sweden, near the town of Söderköping.

The oldest establishment of its kind in Sweden.

Established in 1842; it has a charming situation near the Göta (Gotha) Channel. Exceedingly well-regulated establishment.

Doctor: Dr. Wallgren.

Södertelje.—Sweden, near the towns of Södertelje and Stockholm.

Owing to its proximity to the capital, its picturesque site and good baths, the place is much frequented, mostly as a summer station and holiday resort; less so as a health resort in a strict sense.

Doctor: Dr. P. Johanson.

Soest.—Germany, Westphalia near Arnsberg.

Saline waters. Brine baths.

Special indications: Scrofula.

The establishments are good.

Doctors: Drs. Bremme and Waldeyer.

Soglio.—Switzerland, Grisons, near Promontogno (which see).

Climatic health resort.

Hotel and Pension: Giovanoli.

Sohl.—Germany, Saxony, near Elster; 1,418 feet above sea level.

Ferruginous waters.

The arrangements are primitive.

Solan de Cabras.—Spain, province of Cuenca, near Priego.

Bicarbonate of lime waters, 45° F.

Special indications: Nervous affections, skin diseases, tabes, intermittent fever and marasmus, vesical catarrhs.

The establishment is an indifferent one.

Doctor: Dr. Valdivieso.

Solares.—Spain, province of Santander, near Bóo.

Saline waters, 70° F.

Special indications: Lymphatic affections.

Arrangements primitive; the accommodation is Spanish.

Doctor: Dr. Sarraci.

Solis.—Switzerland, in the Prattigau district, near Schynpass; altitude, 3,000 feet.

The mineral waters here contain chloride of sodium, sulphate of soda and bicarbonate of lime, with a small amount of iodide and bromide of sodium. They are prescribed for a variety of complaints, such as scrofula, goitre, chronic rheumatism of the joints, &c.

Sombór.—Austria-Hungary, comitat of Harómszek, near Torja.

Sulphurous waters, 45° F.

Very little used.

Sonneberg.—Germany, Saxe-Coburg; 1,250 feet above the sea level.

Climatic air station; hydropathy.

Doctors: Drs. Banke and Jahn.

Sonnenburg.—Switzerland, Canton Lucerne; altitude, 2,500 feet; station at Krieus.

Climatic air station.

Sonthofen.—Germany, Upper Bavaria, near Immensee, 2,250 feet above sea level.

Climatic air station.

Doctor: Dr. Hartmann.

Sorrento.—Italy—Bay of Naples, one hour's drive from Castellamare 7,500 inhabitants.

Climatic air station, with sea bathing.

Season: February till June.

The situation of Sorrento, facing Capri, is one of the most lovely in the world. The country around is in a state of high cultivation. Very good fruits and fish. Tasso was born at Sorrento, 1544. The manufacture of scarves and stockings is the chief industry, together with wood mosaic work. The environs are very beautiful.

English Church Service in the Hotel Tramontana.

Banker and Exchange Office: A. Falangola.

Post and Telegraph Office: Piazza Tasso.

Chemist: Dr. Galano.

Doctors: Drs. Galano and T. Brunton.

Hotels: The *Hotel Tramontano*, *Tasso* and *de la Sirène*.

Sostó.—Austria-Hungary, comitat of Szabolcs.

Natronlake.

A thoroughly well-arranged establishment.

Sotteville-les-Rouen.—France, Department of Seine Inférieure, near Rouen.

Thermal saline bromo-iodurated waters, 55° F.

Soulac-les-Bains.—France, Department of Gironde.

Sea baths.

Very fine beach.

Soulieux.—France, Department Isère, near Grenoble.

Sulphate of magnesia and soda waters, 5 grammes of mineralization.

Souzas and Caldeliñas, or Aguas de Verin.—Spain, province of Orense, on the frontier of the Portuguese province Traz-oz-Montez.

Alkali saline waters, 49° F.; chemically superior to the waters of Vichy.

Special indications: Calculus, hyperæmia of liver and spleen, gastralgia.

There is a fairly good establishment at Souzas, but at Caldeliñas the most primitive arrangements still prevail. Comfort is conspicuous by its absence, though the efficacy of the waters would amply repay a large outlay. They are unrivalled in the treatment of calculus.

Doctor: Dr. Gavilanes.

Southampton.—England, Hants.

Sea baths, unsatisfactory beach; climate mild and healthy.

Since the American line of steamers and some of the P. & O. steamers have come to Southampton, the trade of the place has greatly improved.

Season : June—September.

Doctors : Drs. Olliver, Ward, and many others.

Hotel : The South Western.

Southbourne-on-Sea.—England, Sussex, close to Bournemouth.

Sea baths, excellent sandy beach; climate healthy and invigorating.

Season : July—September.

Doctors : See Bournemouth.

Southend-on-Sea.—England, Essex.

Sea baths, sandy beach; pure and bracing air.

Season : June—August.

Doctors : Drs. Jones, Morris, Phillips, and about 14 others.

Hotel : The Royal.

Southport.—England, Lancashire.

Much-frequented sea bathing-place, with sandy beach, and mild and pure air.

Season : June to September for sea baths, also a popular winter resort from October to May.

Hydropathic establishment, Birkdale Park.

Doctors : Drs. Corkhill, Woods, Heath, and many others.

Hotels : Prince of Wales, Victoria, Queen's, &c.

Southsea and Portsmouth.—England, Hants, opposite Isle of Wight.

Sea baths, shingly beach, with very fair bathing; climate mild and steady.

Season : July—October.

Doctors : Drs. Ward-Cousins, and many others.

Hotels : Queen's, Imperial, and several others.

There are many boarding-houses at Southsea.

South Shields.—England, Durham, on the Tyne.

Sea baths, sandy beach; climate pure and bracing.

Season : June—September.

Doctors : Drs. Dalziel, Armstrong, Boothman and Crease.

Southwold.—England, Suffolk.

Sea baths, sandy beach; climate very equable and healthy.

Season : June—September.

Doctors : Drs. Vertue and Woollett.

Hotel : The Swan.

Spa.—Belgium, close to the German frontier, 17 miles from Liege and Aix-la-Chapelle; 1,050 feet above the sea level; nearly 7,000 inhabitants. For routes see table.

Highly effervescent ferruginous and acidulous waters. Eight springs. Every description of bath. As the waters produce constipation, they should be used with caution.

Season : May to October. Air healthy and bracing.

Number of Visitors : More than 30,000 annually.

Special indications : Anæmia, chlorosis, female complaints, hysteria, gastralgia, sterility, difficult menstruation, liver complaints, urinary disorders, cachexia, mucous catarrh of the uterus, &c.

English and Scotch churches.

Bookseller : Jos. Engel, opposite the Pouhon.

Doctors : Drs. Cutler, Dennis, Lezaak, &c.

Hotels : *De Flandre. Orange, Belle Vue, Europe, d'York, Brittanique.*

Spag.—Russia, Government of Pleskow, on the Düna.

Sulphurous waters. Primitive arrangements.

Spalato.—Austria, Dalmatia, on Gulf of Salona.

Saline and sulphurous waters, 28 grammes of mineralisation, of which 19 grammes are chloride of sodium.

Special indication : Scrofula.

Spezia (La).—Italy, on the Riviera di Levante, an Italian maritime port, between Genoa and Pisa. Fine Bay.

Winter air-cure and summer sea bathing station.

Mean winter temperature, 50° F.; 74 rainy days, 64 cloudy days, and 63 sunny, during the winter season. The atmosphere is more humid than on the Riviera di Ponente. Spezia is especially recommended to people who find a difficulty in sleeping in other seaside places.

The Piazza Vittorio Emanuele is a very fine square, and the gardens are being extended every year. The walks are admirably clean, and this is a very favourite one.

Very picturesquely situated; air fine and bracing. Many excursions. The new road to the fortifications, commanding a magnificent view over the bay, is open to visitors.

There is a good theatre and a casino.

Vegetation is luxuriant, and composed chiefly of olive and vine trees. The water is good, but should always be mixed with wine at the beginning of residence, to prevent diarrhœa. There is very little dust.

English church in winter.

Post office : Corso Cavour.

Telegraph : Via Facio.

Chemist : Fossati, Farmacia Regia.

Doctors : Drs. Sparks and Goldschmidt.

Hotel : The *Grand Hôtel de Spezia.*

Spiekeroog.—Germany, Oldenburg, island in the North Sea, off the coast of Friesland.

Sea baths; sandy beach.

The bathing arrangements are simple, accommodation cheap,

and scrupulously clean. Boating and hunting seadogs afford amusement for visitors.

Doctor: Dr. Pfeiffer.

Spittal.—England, Northumberland, near the mouth of the Tweed.

Cold sulphate of soda waters.

Laxative action.

Spugen.—Switzerland, Canton Grisons; 4,350 feet above the sea level.

Climatic health resort.

Sproffondo.—Italy, Tuscany, near Asciano.

Nine springs. Sulphurous waters, 37° to 75° F., mud baths.

The establishments are good.

Stabio.—Switzerland, Canton Tessin; 3,300 feet above the sea level.

Sulphurous spring.

Doctor: Dr. Ginella.

Stachelberg.—Switzerland, Canton of Glarus; 2,800 feet above sea-level.

Cold sulphur waters.

Special indications: Skin diseases, chronic laryngitis.

A very well-appointed establishment, with comfortable accommodation. The situation is highly picturesque.

Near here are *Richisau*, *Niederurnen*, *Obstalden* and *Muhlehorn*, all bathing stations.

Doctor: Dr. König.

Staden.—Germany, Hessen-Nassau, near Nidda.

Earthy saline waters. Exported.

The establishments are incomplete, though the spring is one of the oldest in Germany.

Stanz.—Switzerland, capital of Canton Nidwalden; 1,550 feet above the sea level.

Near here are *Rotzberg*, *Sarnen*, *Sachseln*, *Kurns*, *Brunig* and *Bains de Wylen*, all health resorts.

Doctors: Drs. Bucher and Gutt.

Staraja-Rossa.—Russia, district of Nischni-Novgorod.

Cold saline iodo-bromurated waters.

The establishments are very good, and the place is one of the most frequented of Russian stations. Its situation is charming.

Doctors: Drs. Bloch, Pawleff, Rochelt and Weber.

Starbeck.—England, Yorkshire, near Harrogate.

One ferruginous and one sulphurous spring, both slightly mineralised.

There is a bathing establishment lately opened, which is beginning to be frequented.

Stavenhagen.—Germany, Mecklenburg-Schwerin, near Gästrow.

Earthy alkaline ferruginous waters.

The arrangements leave room for improvement.

Doctors : Drs. Ahlers and Jansen.

Steben.—Germany, Bavaria, Upper Franconia, near Hoff; 1,900 feet above sea level, on the plateau between Frankenwald and Thuringerwald. Temperature equable, rather cool in summer, dry, very rich in ozone.

Mud baths; the most celebrated in Germany.

Season : May 15th to October 1st.

Two strong ferruginous effervescing springs : Tempelquelle (0·062 carbonate of iron, 3·074 carbonic acid) and Wiesenquelle (0·055 carbonate of iron, 2·602 carbonic acid). On account of the large quantity of free carbonic acid held in solution, these palatable and digestible chalybeate waters are second to none in Europe. They can be used externally and internally.

Special indications : Mud baths used for rheumatism, articular contractions, gout, female diseases, sterility, impotence, paralysis.

Mineral water baths for neurasthenia, diseases of the heart, debility, tabes, dyscrasia.

Drinking cure for anæmia, chlorosis, dyspepsia, chronic catarrh of the mucous membranes.

The bathing establishments are all under Government management. In 1889 the Bavarian Government spent £20,000 to provide Steben with all modern improvements. Prices will be found very moderate.

Doctors : Drs. Stifler, Winckler (who speaks English), and Ackermann.

Hotels : *Park Hotel*, first-rate, comfort amply provided for; electric light in every room; *Bayrischer Hof*, *Deutscher Kaiser*.

Steinabad.—Germany, Baden, in the Black Forest.

A climatic station.

The place is situated in the midst of pine forests. The climate is mild and strengthening. Disorders of the digestive organs are those chiefly benefited by residence.

Doctor : Dr. Wiel.

Steinerhof.—Austria, near Bruck.

Climatic air station with hydropathy.

Doctor : Dr. Mally.

Steinfurt.—Germany, Hessen-Nassau, near Wisselsheim.

Saline waters.

The place deserves to be better known. At present the waters are used only by the surrounding inhabitants.

Steinheyde.—Germany, Saxe-Meiningen.

Saline ferruginous waters.

The site is picturesque, but little has been done towards improving the place.

Steinwater.—Austria, Bohemia.

Sulphate of magnesia waters, 31 grammes of mineralization, of which 28 grammes are sulphate of magnesia.

Purgative, as Püllna and Sedlitz.

Stenungsön.—Sweden, province of Gothenburg.

Sea baths.

Stenungsön is one of the mildest and least oppressive places on the Swedish west coast, in a well-wooded situation among pine trees. It is a favourite place for those suffering from chest complaints and debility.

Doctor : Dr. Johnson.

Sternberg.—Austria, Bohemia, near Prague.

Chalybeate waters. Whey cure station.

The establishment is very efficient. The site is picturesque and much visited.

Doctor : Dr. König.

Stoika.—Austria-Hungary, comitat of Szolnok.

Alkali-saline waters, 45° F.

No establishment, and the waters are used only in the neighbourhood.

Stolberg.—Germany, Thuringia, in the Hartz; 930 feet above the sea level.

Climatic air station.

Doctors : Drs. Foest and Schwarz.

Stolypin.—Russia, on the Kuschum, one of the tributaries of the Volga.

Saline sulphurous waters.

The establishment is thoroughly well fitted up, is very elegant, and affords comfortable accommodation. Its situation is charming, and the place is rising rapidly in public favour.

Stoos.—Switzerland, near Brunnen; 3,870 feet above the level of the sea.

Climatic health resort.

Doctor : Dr. from Brunnen.

Storlien.—Sweden, in Jemtland.

Air station, 1,935 feet.

Storlien, a comparatively new place, has of late been much frequented on account of its elevated situation and charming scenery.

Strasbourg.—Germany, capital of Alsace-Lorraine, on the left bank of the Rhine.

One of the strongest fortresses in Europe, captured in 1870 by the Germans, after a long and desperate resistance.

OBJECTS OF INTEREST : The Cathedral, the University (formerly the Episcopal Palace), Church of St. Thomas, Public

library, Town Hall and old Prefecture, Theatre, Academy, Lyceum, Tobacco factory.

Excursions: Mont St. Odile, Saverne, Greifenstein.

Cabs: A drive for one or two persons, 50 pfgs.; one hour 2 marks.

Post and telegraph-office: Schlossplatz.

Bookseller: Deriyaux, Rue des Hallebardes.

Dentist: Jacques Wiesner.

Doctors: Drs. De Barry, Cushing, Kussmaul and Kley.

Hotels: The *Hôtel d'Angleterre, de Paris* and *National*.

Strathpeffer Spa.—Scotland, Ross-shire, near Dingwall; very picturesque scenery. Reached from London (Euston) by through train.

Strong pure sulphurous waters, and effervescing chalybeate waters.

The bathing establishment has been recently enlarged and fitted with the latest improvements. Sulphur and pine, splendid peat, and modern douche baths.

A popular, mild, yet bracing health and pleasure resort, with splendid air, and plenty of sport and amusement.

Special indications: Gout, rheumatism, liver and skin diseases.

Doctors: Drs. F. & T. Fox, Bruce, and others.

Hotels: The *Spa Hotel*, an old-established, well-managed house (see *advt. at end*), *Ben Wyvis, Strathpeffer, Whyte's, Macgregor, &c.*

Streitberg.—Germany, Bavaria, near Forchheim; 1,800 feet above sea level.

A climatic air station with whey cure.

The surrounding hills are covered with pine forests. The country is picturesque, and abounds in walks and excursions. The establishment is thoroughly fitted up, and affords ample accommodation.

Doctor: Dr. Weber.

Stresa.—Italy, Lago Maggiore, in front of the Borromean Islands.

Health resort, and good starting-place for Simplon Pass and surrounding lakes.

Hotels: *des Isles Borromees, Milan, &c.*

Strömstad.—Sweden, on the Skagerak.

Sea baths.

Strömstad ranks third or fourth among the principal seaside stations. Good and cheap accommodation. The mud baths are famous, but are of a different kind to those of Loka. The warm baths are old-fashioned, but will shortly be rebuilt. The cold baths are new.

Doctor: Dr. Johansson.

Stuben.—Austria-Hungary, comitat of Arva Turócz, on the Stubna.

Earthy saline bitter waters, 110° F.

The establishment and accommodation generally are very satisfactory. The place is romantically situated, and the park and gardens well kept.

Stuer.—Germany, Mecklenburg-Schwerin, on the Plauen See.

Hydropathic Establishment.

The establishment is surrounded by a very well-kept, shady park, and is much frequented.

Doctor : Dr. Bardey.

Stuttgart.—Germany, capital of Würtemberg; from Paris by Strasburg and Kehl, 17½ hours. 88 fr. 1st class. Cologne, 10 hours.

Stuttgart, most beautifully situated a short distance to the west of the Neckar, surrounded by hills, covered with orchards and vineyards. By the luxuriance of its vegetation its sheltered position is clearly shewn. This makes it particularly suited for a winter health resort, especially for delicate, consumptive, and nervous people. It has one of the lowest death-rates of all cities.

OBJECTS OF INTEREST : Old and new Royal Palace, Rosenstein and Wilhelmina, Public library, Museum of natural history, Commemorative Column, Museum of fine arts, Königsbau, Royal Theatre, English Church, Statues in the Royal Gardens, Post-office, Museum, Liederhalle, and Carlsschule.

EXCURSIONS : Villa Rosenstein, Palace Gardens, Wilhelmina, Cannstadt and Solitude, and Hohenheim, Panorama railway to Hasenberg with Belvedere Tower.

CARS : according to tariff.

Dentist : Ferd. Klein, Vanderfoord.

Doctors : Drs. Von Koch, Faber (speaks English) and Gärthner.

Hotels : Marguardt, Royal.

Styrsö.—Sweden, ½ hour by steamer from Gothenburg.

Styrso is a charming tourists' resort, immediately outside Gothenburg, and which has of late been equipped with every modern comfort.

Good hotel, new hot and cold baths.

Facilities for yachting and fishing.

There is a small hospital for scrofulous children, open in summer only.

Doctor : Dr. Silfverskiöld.

Suances.—Spain, province of Santander, 7 miles from Torrelavega.

Seabaths, with extensive beach of the finest sand. Residence here is quiet, but society select.

Suderode.—Germany, near Quedlinburg.

Saline waters.

Special indications : Scrofula, pulmonary affections, anæmia, &c.

Doctor : Dr. Pelizäus.

Hotel : Kurhaus.

Sujo.—Italy, in the valley of Garigliano.

Thermal sulphurous ferruginous and effervescent waters.

Doctor : Dr. Rocco-Tagliata.

Suliguli.—Austria-Hungary, comitat of Mármaros, District of Visso.
Alkali-saline waters.

The establishment is incomplete, and the accommodation not such as to attract visitors.

Sulz.—Hungary, comitat of Eisenburg, near Güssing.
Cold alkaline-earthly waters.

Very celebrated in the district. The establishment is good and the accommodation satisfactory.

Doctor : Dr. Plohn.

Sulza.—Germany, Saxe-Weimar.
Saline waters ; brine baths ; grape cure.

Special indications : Scrofula.

The site is charming, and the establishment good.

Doctor : Dr. Schenk.

Hotels : *Kurhaus* and *de Saxe*.

Sulzbach.—Germany, Alsatia, near Colmar.

Cold bicarbonate ferruginous waters, 4 grammes of mineralisation.

Special indications : Dyspepsia, anæmia.

Doctors : Drs. Branneck and Langguth.

Sulzbach.—Germany, Baden.

Ferruginous bicarbonate waters, 50° F., 2 grammes of mineralisation.

Special indications : Dysmenorrhœa.

Doctor ; Dr. Guelin.

Sulzbad.—Germany, Alsatia, near Weissenburg and Strasburg.

Saline iodo-bromurated waters, 4 grammes of mineralisation.

The same therapeutic properties as Wildegg and Kreuznach.

Special indications : Scrofula and lymphatic affections.

The gardens are beautiful, and the establishment well fitted up.

Sulzbrunn.—Germany, Bavaria. Railway station, Jodbad Sulzbrunn on the new line, Kempten-Pföten-Tyrol.

Iodine springs and mountain health resort, in a magnificently sheltered position, 2,860 feet above the level of the sea.

Season : May—October.

There are five iodine springs, of which the principal, called the Roman spring, is the purest, and is particularly free from bromine and sulphuric acid. It has to 10,000 parts 0.157 of iodide of magnesium (Kreuznach 0.014).

Special indications : Scrofula, swelling of the glands, goitre, gout, rheumatism, corpulency, skin diseases, syphilis, diseases of the throat and abdomen, and female complaints.

The water of Sulzbrunn has for very many years proved an effective remedy against the diseases mentioned above, and

quite recently the Roman spring, when used for the first stage of diseases of the spine, produced splendid results, as it does in the case of sprains and stiffness of the joints.

Now that the new railway is open, many pleasant day excursions can be made, as there are several neighbouring places well worth visiting, among which may be mentioned the royal castles of Hohenschwangen and Neuschwanstein. There is also plenty of amusement to be found in Sulzbrunn itself; games, such as billiards, lawn tennis and croquet; fishing in a large trout stream.

Resident physician at the spring, Dr. Alf. Müller, who in winter is at Hirschberg, Silesia. Post and telegraph station. Living is cheap; visitors chiefly go to the Kur Hôtel or its dependencies, some take lodgings in the houses of the inhabitants, but this latter course is not recommended. All information, with English pamphlet, can be obtained free of charge from the Bade-Direction, and also upon application at 26, Imperial Buildings, Ludgate Circus, London.

Hotel: Kurhotel.

Sulzmatt.—Germany, Alsatia, near Gebweiler and Colmar; 850 feet above sea level.

Effervescing alkaline waters, more gaseous than those of Seltzer.

Special indications: Catarrh of the bladder and lungs.

An excellent table water.

Doctors: Drs. Heberle and Klein.

Sumas-Aguas.—Spain, province of Madrid, near Humera.

Ferruginous waters, very effervescent.

Special indications: Obstructions of liver, spleen and kidneys, fever and intermittens, hypochondria and hysterics, atonic diseases, amenorrhœa and urinary disorders

Situated in the midst of pine forests the air is excellent.

Suot-Sass.—Switzerland, Canton of the Grisons.

Strongly effervescing chalybeate waters.

Sutinsko.—Austria-Hungary, Croatia, near Agram.

Inert waters, 100° F.; climatic station.

This is a very favourite bathing-place. The situation is good, and the air mild and exhilarating.

The establishment is elegant, and thoroughly well fitted up. Comfortable accommodation at reasonable prices.

Sutton-on-the-Marsh.—England, Lincolnshire, near Alford.

Sea baths; sandy beach; climate bracing and healthy.

Season: June—September.

Hotel: The Jolly Bacchus.

Swanage.—England, Dorsetshire, Isle of Purbeck.

Sea baths ; sandy beach. Climate very healthy.

Season : July—September.

The surrounding scenery is fine. During the season boats run several times daily to and from Bournemouth.

Doctors : Drs. Delamott and McCausland.

Hotel : *The Victoria* ; also a *boarding establishment* kept by Mrs. Chinchin ; it has an excellent situation and fine grounds.

Swanlibar.—Ireland, co. Cavan.

Cold hydro-sulphuric waters.

Swansea and the Mumbles.—Wales, Glamorganshire.

Sea baths ; sandy beach. Climate good.

Doctors : Drs. Bend and Couch.

Swinemünde.—Germany, Pomerania, on the Baltic Coast.

Very well frequented sea baths, near Stettin ; very fashionable.

Doctors : Drs. Schulze and Wilhelmi.

Hotels : *Wilhelmsbad* and *Three Crowns*.

Sylt.—Island in the North Sea, on the coast of North Schleswig.

Sea baths ; sandy beach, with strong surf.

Doctors : Drs. Ditmann and Marcus.

Hotels : *Royal*, *Strand*, *German Emperor*.

Szalatnya.—Hungary, comitat of Hont, near Schemnitz.

Cold saline earthy waters.

Digestive and diuretic action.

The situation is fine, and the waters are efficacious, but an utter want of energy on the part of the proprietors is gradually destroying the place.

Szaldobos.—Austria-Hungary, Transylvania, District of Udvarhély.

Alkaline ferruginous waters.

The arrangements are very primitive.

Szaploneza.—Austria-Hungary, comitat of Mármaros.

Alkaline effervescent waters ; for table use only.

Szator.—Austria-Hungary, near Rimaszecs.

Alkali-saline waters.

Only used by the surrounding inhabitants.

Szczawnicza.—Austria, Galicia, near Neusandek ; 1,000 feet above sea level.

Alkali-saline ferruginous waters ; whey cure.

Special indications : Chronic metritis, vesical catarrhs, kidney affections, fluor albus, vaginal and uterine catarrhs, goitre, rachitis.

Owing to its magnificent situation, and the elegance and comfort of its bathing establishments and accommodation, this place is the most important of the Galician bathing

stations. Each year the number of its visitors increases. The efficiency of its waters contribute to this result in no small degree. The excursions are very varied and interesting, while the Kursaal supplies all that is required for making the time pass pleasantly.

Doctors : Drs. Kryda and Trembecki.

Szent-Ivan.—Austria-Hungary, near Magyarfalva.

Sulphurous, highly effervescent waters, with gaseous emanations.

Little has been done to attract visitors, and the arrangements are very primitive.

Szinyak.—Austria-Hungary, comitat Bereg, near Munkacz.

Sulphurous cold waters, containing alum and sulphuric acid.

Special indications : Gout and rheumatism.

Situation romantic ; pure forest air. The establishment is well fitted up.

Szinye-Lipoez.—Austria-Hungary, near Eperies.

Alkaline waters, containing iodine and lithium.

Special indications : Kidney and vesical disorders.

Szkleno.—Hungary, comitat of Bars, near Schemnitz.

Several thermal sulphate of lime springs, 50° to 135° F.

Special indications : Rheumatism, gout, skin diseases.

The establishments leave much room for improvement.

They are all very elegant, but not well suited to modern requirements. The situation is highly picturesque, and excursions are abundant. The parks and gardens are scrupulously kept, and the surrounding woods are laid out with walks. The sojourn is an agreeable one, and the place is gaining in favour steadily.

Szklo.—Austria, Galicia, five hours from Lemberg.

Sulphate of lime water.

Special indications : Skin diseases, rheumatic affections.

The establishments are good.

Szliacz.—Hungary, comitat of Sohl, near Kremnitz ; 1,200 feet above sea-level.

Eight ferruginous effervescing springs, 25° to 80° F.

Diuretic, tonic, and fortifying.

Special indications : Anæmia, menstrual disorders, atony.

Well-appointed and well-frequented ; beautiful situation.

Doctors : Drs. Hasenfeld, Papp and Neufeld.

Szmrdak.—Austria-Hungary, comitat of Oberneuthra, near Szenitz.

Sulphurous waters.

Special indications : Chronic skin diseases, paralysis, hæmorrhoids, disorders of liver and spleen, hypochondriasis,

hysteria, scrofulous and rhachitic affections, dyscrasia, chronic blenorrhœa.

The situation is picturesque, and the concourse of visitors large.

The two bathing establishments are thoroughly well fitted up. The large Kurhaus, built in the style of an old feudal castle, affords very excellent accommodation. The establishments are situated in an extensive English-like park.

Szobrancz.—Hungary, near Kaschau.

Saline sulphurous waters, 35° F.

In a very picturesque position, with mild salubrious air and well-appointed arrangements. The list of visitors is composed principally of Russians, Moldavians and Hungarians of the upper classes. The whole place is one large park.

Doctor : Dr. Russay.

Szolyva.—Austria-Hungary, comitat Bereg, near Munkács.

Effervescent alkali-saline waters. The water is largely exported.

Szombat-Falva.—Austria-Hungary, Transylvania, two hours from Udvarhely.

Earthy ferruginous and sulphurous waters, the latter of a temperature of 212° F.

The site is picturesque, but little has been done to bring these excellent waters into notice.

Sztubicza.—Austria-Hungary, comitat of Agram.

Inert waters, 140°.

Special indications : Chronic, nervous and skin affections, rheumatism, gout, lymphatic and scrofulous disorders.

The establishment is incomplete.

Szulin.—Hungary, comitat of Saros.

Cold ferruginous and effervescing lime waters, 7 grammes of mineralisation, of which 3 grammes are bicarbonate of soda and 2 grammes chloride of sodium.

Tabbiano.—Italy, near Piacenza, and Parma.

Sulphurous waters, 60° F.

There is a small establishment.

Talamonaccio.—Italy, Tuscany, Valley of Osa.

Saline ferruginous sulphurous springs, 80° F.

Special indications : Lymphatic affections, rheumatism.

There are some ruins of old bathing establishments, but the waters are now used only at the spring.

Talloires.—France, Department of Haute Savoie, on the banks of the lake of Annecy.

Cold sulphurous waters.

Tamames.—Spain, province of Salamanca, near Sequeros. .

Sulphurous waters.

Special indications: Gastro-hepatic disorders, tumours and skin diseases.

The establishment is antiquated, but was much frequented in the last century.

Tambach.—Germany, Saxe-Coburg, near Gotha ; 1,500 feet above the sea level.

Climatic station in summer.

One of the most picturesque of the valleys of Thuringia.

The surrounding country is covered with pine forests.

Doctor: Dr. Krause.

Tannenbrunnen.—Germany, Bavaria, near Haagard Ampfing.

Indifferent waters.

The establishment is good, and affords comfortable accommodation.

Taormina.—Italy, Sicily, 30 miles from Messina ; one mile by carriage, and half-mile by footpaths.

Winter station, and one of the most interesting places in Sicily.

The *Hôtel Belle Vue* truly deserves its name, and will be found very clean and comfortable. G. Kellermann, proprietor.

Tapolcza.—Austria-Hungary, near Miskolcz.

Inert waters, 70° F.

There is a small establishment.

Tapolcz-Bisztra.—Austria-Hungary, comitat of Zemplén.

Effervescent ferruginous waters.

Tarascon.—France, Department of Ariège, near Foix, Ax and Ussat.

Bicarbonate of iron waters.

Tarasp.—Switzerland, Engadine ; 4,500 feet above sea level.

Sulphate of soda waters, climatic station.

Special indications: Affections of the bladder, prostate gland and vesical catarrh.

Doctors: Drs. Killias, Lewa, Wortz and Vogelsang.

Hotels: The *Kurhaus*, *Vulpera*, *Bellevue*, &c.

Tardon.—Spain, near Sevilla, near Sanlúcar la Mayor.

Sulphate of magnesia waters ; mud baths.

El Prudillo de Tardon is a bathing establishment sufficiently well fitted, and the accommodation here, as in the neighbouring monastery, is good and cheap.

Tarna.—Austria-Hungary, comitat of Ugocza, near Királyhaza.

Ferruginous waters.

Small bathing establishment.

Tatenhausen.—Germany, Westphalia, near Bielefeld.

Indifferent waters ; mud baths.

Special indications : Nervous affections.

The establishment is good, and the accommodation comfortable and moderate in price.

Tatzmannsdorf.—Austria-Hungary, near Günz and Steinamanger.

Bromurated earthy, ferruginous waters ; climatic station.

A well-appointed establishment, beautifully situated.

Well-frequented station ; mild and equable air.

Doctor : Dr. Thomas.

Tegernsee.—Germany, Bavaria, near Holzkirchen ; 2,490 above sea level.

Climatic mountain air station, with whey cure.

The site is charming and the accommodation comfortable.

Doctors : Drs. Rosner and Ott.

Teignmouth.—England, Devonshire, on the Channel coast.

Sea baths, smooth sandy beach ; climate bracing.

Doctors : Dr. Johnson and several others.

Teinach.—Germany, Würtemberg, in the Black Forest, near Wildbad.

Cold earthy alkaline waters.

Special indications : Nervous debility.

The situation is charming and residence agreeable.

Doctor : Dr. Wurm.

Telese.—Italy, province of Benevento, on the line from Naples to Foggia ; carriages and omnibus from the station to the establishment ; 1,900 feet above sea level.

Sulphurous waters, 68° F., containing much sulphuretted hydrogen gas. Used externally and internally.

Seasons : June—September.

Special indications : Herpes, affections of the glandular system, rheumatism and mercurialism.

This place is much frequented, and during the season a special service of fast trains runs between it and Naples.

The establishment is fitted with all modern requirements. Visitors and patients generally prefer, however, staying at San Salvatore Telesine, a fine village in a very picturesque position, quarter of an hour by carriage from the establishment. There are comfortable hotels with pensions, from 10 fcs. upwards a day. Beautiful walks and excursions.

Post and Telegraph Office.

Doctor : Dr. Abbamondi.

Telgart.—Austria-Hungary, comitat of Gran.

Alkaline-ferruginous waters.

Special indications : Constipation, hypochondriasis, hysteria.

Little accommodation, and the establishment is incomplete.

Tenbury.—England, Worcestershire.

Cold saline waters.

Special indications : Scrofula.

Tenby.—Wales, near Pembroke.

Chalybeate springs; tonic and fortifying action, sea baths, sandy beach.

Special indications : Anæmia.

Doctors : Drs. Hamilton, Knowling, Lock, &c.

Hotels : The *Albion*, *Coburg*, &c.

Teneke.—Austria-Hungary, comitat of Südbihar, near Grosswardein.

Effervescent ferruginous waters.

The small establishment is good, and the accommodation it affords satisfactory.

Teneriffe.—An island in the Atlantic, chief of the group known as the Canary Islands; four and a half days from Plymouth; situated in lat. 28° N., long. 13° 7' W. Population, 110,000.

Sea baths.

Special indications : All chest complaints.

Teneriffe is the most important island of the Canary group, and contains the world-renowned peak over 12,000 feet in height. It has of late years been greatly frequented as a health resort on account of its equable temperature and dry climate. Good hotel accommodation can now be obtained at Santa Cruz, Laguna and Orotava, especially at the latter place, where is the English Grand Hotel, a magnificent establishment, replete with every comfort. Visitors to Teneriffe will greatly appreciate the fact that there is no Custom House examination of luggage.

SANTA CRUZ.—Chief port and capital of the islands. Seat of the principal civil and military authorities. Has a fine harbour with breakwater, easy landing, and no Customs dues or examination of luggage.

Season : November to May.

Special indications : Asthma, rheumatism, gout, and all lung complaints.

Climate :

Mean temperature, November to May 65°

Do. January & February (coldest months) 63°

Minimum do. do do. 53°

Mean relative humidity, November to May ... 63°

Total annual rainfall, 11·72 inches.

Bankers : Hamilton & Co.; who are also the oldest wine merchants in the islands.

Consul : Captain S. H. Harford.

Doctors : Drs. Otto, Dominquez, Costa, Bethencourt, Estarriol, Cullen.

Hotels : *Camacho's*, *International*, *Pino de Oro*, &c.

LAGUNA.—Elevation 1,840 feet.

Summer resort.

Season : May to October.

Mean temperature, May	63·9°
Minimum do. do.	52·8°
Mean relative humidity, do.	73·9°
Mean temperature, August	71·5°
Minimum do.	60·4°
Mean relative humidity, do.	64·3°

Hotels : *The Aguerre* and *Slee's Royal*, with fine garden.

PORT OROTAVA.—The principal winter health resort and most beautiful situation in the islands. Five hours' drive from Santa Cruz by fine carriage road.

Season : October to May.

Mean temperature, October to May	63°
Do., January and February (coldest months)	60°
Minimum do. do.	53°
Maximum variation, October	15°
Do. do. November to May	13°
Mean relative humidity, November to May	75·7°
Annual rainfall, 15·34 inches.			
Maximum rainfall, 3·13 inches.			

Special indications: All forms of throat and lung complaints.

English Church: Chaplain, Rev. T. Gifford Nash, M.A. and parsonage on the estate of the Taoro Hotel Co.

Doctor: Dr. George V. Perez (M.D., London).

Bankers: Messrs. Hamilton & Co., Sta. Cruz, for the Taoro Grand Hotel, and Mr. Peter S. Reid, vice-consul.

Hotels: The Taoro Co.'s *English Grand Hotel* (200 guests), perfect sanitary arrangements and water supply, lighted by electricity and with fine grounds; *Martianez, Victoria, Slee's Royal, Sitiode Luna, Buena Vista*, besides boarding-houses and villas.

Tenigerbad.—Switzerland, Prattigau district.

Sulphate of lime and magnesia waters.

Doctor: Dr. Decurtius.

Near here is *Peiden*, with a ferruginous spring.

Tennstädt.—Germany, Prussia, province of Saxony, near Langensalza.

Sulphate of lime waters, 30° F.

Special indications: Rheumatism and skin diseases.

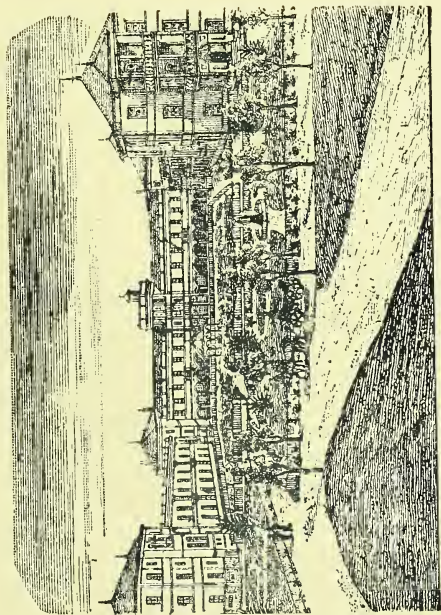
The establishment is efficient, but the country is uninteresting.

Doctor: Dr. Bierbach.

Tenos.—Greece, island in the Archipelago.

Alkaline waters.

There are no arrangements for visitors.



GRAND HOTEL, OROTAVA.

Teplitz.—Austria, Moravia, $\frac{1}{4}$ -hour from Weisskirchen.

Effervescent-ferruginous waters; climatic summer station.

The air in the valley of Teplitz is very mild and steady. The scenery around is picturesque. The establishments are good and the accommodation comfortable and moderate. A quiet place of residence. It is much frequented.

Teplitz-Schönau.—Austria, the oldest watering-place in Bohemia; 700 feet above sea level; 20,000 inhabitants. For routes see table.

Hot alkali-saline waters. The temperature of the several springs ranges between 98° and 120° F. The coolest is the Steinbath, and the hottest the Stadtbath spring. Refrigerating basins enable the application of the waters at any temperature. There are thirteen springs.

Season: 1st May to end of September, but in Teplitz open all the year.

Number of visitors, over 30,000 per year.

Special indications: Rheumatism, gout, neuralgias, paralysis, incipient spinal complaints, scrofulous tumours and sores, sequelæ of severe wounds, fractures, ankylosis, and affections of the tendons.

Teplitz-Schönau is a thermal mineral bathing station of first importance. It lies in a valley of the Erz mountains, by which it is sheltered from north winds. Against the hot south winds, the Mittel mountains provide efficient protection. The parks and gardens are magnificent, while the walks and drives offer every variety of scenery and vegetation. The excursions into the Erz and Mittel mountains are very interesting.

The bathing establishments contain arrangements for mud baths. This mud is applied in most of the above-mentioned complaints in conjunction with thermal water baths. The thermal waters are applied in tub, sitz, percussion baths and all kinds of douches, electric baths, full, half and local mud baths; massage. For internal application the Stadtbath spring is used; mineral waters of all springs, whey cure, &c., with very satisfactory results.

The bathing establishments: Stadtbath, the Kaiserbad (with very luxurious arrangements), and Steinbad, belong to the municipality of Teplitz. The Schlangenbad is the property of the adjoining Schönau. The cure is taken in summer and winter; the bathing establishments offer very comfortable accommodation.

The prices of the lodgings vary with the season. and are according to accommodation. In municipal bathing establishments of Teplitz prices range as follows: In the Stadtbath, from 8 to 18 florins; in the Kaiserbath, from 15 to 35 florins. Drawing rooms, from 35 to 50 florins; servants' rooms, from 5 florins; in the Cursalon, from 7 to 24 florins; in the Stein-

bath, from 7 to 15 florins. All the prices are per week. In winter prices range lower.

Teplitz has a very fine **Cursaal**, a magnificent theatre, and a municipal band of musicians; in Teplitz and Schönau a military band gives concerts several times a week. There are elegant reading-rooms in Teplitz, and also in Schönau. Churches of various denominations, and two railway stations.

Post and Telegraph Office: Schlossplatz, No. 2./69.

For detailed information, apply to the Bath Inspector in Teplitz, and to the Mayor in Schönau.

There are a great many cafés, restaurants, confectioneries and wine-rooms: villas and private apartments.

Doctors: Drs. Weil, Popper, Scheuer, Eckstein, Pusch, Heller, Kraus, I. Hirsch, Eichler, Müller, Löwy, Langstein, Janka, Lieblein, Nusko, Radnik, Beck, Grohman, Gudra, Mauder, Stein and Krenn.

Hotels: Grand Hôtel de la Poste, Hôtel Roi de Prusse, de Londres, Altes Rathaus, Kronprinz Rudolph, Schwarzes Ross, Blauer Stern, Riesenburg, Bahnhof, all first class in Teplitz. Hôtel Habsburg, Hotel Hermannsburg and Hotel Osterreich, all first class in Schönau.

Tercis.—France, Department of Landes.

Saline sulphurous springs, 80° F.

Special indications: Rheumatism, skin diseases, and disorders of the bladder.

Terme Luigiane.—Italy, Calabria, province of Cosenza, on the line from Naples to Cosenza.

Two sulphurous (212° F.) and ferruginous (70° F.) springs.

Special indications: Rheumatism, skin diseases, ankylosis, contractions, anæmia, chlorosis, difficult menstruation.

Establishments not good; the accommodation is of a primitive kind.

Termignon.—France, Savoy.

Cold saline waters.

Slightly purgative.

Termini Castoreale.—Italy, Sicily, province of Messina.

Ferruginous sulphurous waters, 90° F., slightly effervescent.

Special indications: Affections of the respiratory organs, uterine diseases, rheumatism, gout, herpes.

There is an establishment, and the town is gaining in popular favour.

Termini Imerese.—Italy, Sicily, province of Palermo, 22,000 inhabitants.

Sulphate of sodium water, 115° F.

Special indications: Skin diseases and rheumatism, liver, kidney, vesical and intestinal disorders.

There is a good establishment.

Ternaut.—France, Puy de Dôme.

Cold ferruginous bicarbonate waters.

Special indications: Feeble digestion.

Terrasse (La).—France, Department of Isère, near Grenoble.

Sulphate of calcium waters.

Terrau.—France, Department of Cantal.

Cold ferruginous bicarbonate waters.

Territet.—Switzerland, Canton Vaud; altitude 1,400 feet.

Climatic health resort on the Lake of Geneva, adjoining Montreux. Hydropathic establishment. Hydrofluoric acid inhalation rooms.

Doctor: Dr. T. A. White.

Hotel des Alpes.

Teruel.—Spain, capital of province of same name, on the river Guadalaviar.

Inert waters, 80° F.

The establishments are quite insufficient, and are almost entirely neglected.

Testa.—Italy, province of Siena, valley of the Paglia.

Ferruginous effervescent waters, 110° F.

Known to the Romans as the "Balnea Clusina," but now almost abandoned. The establishments are not good.

Teste (La).—France, Department of Gironde, near Arcachon.

Sea baths; sandy beach; mild climate, but heavy surf.

Teufen.—Switzerland, Canton of St. Gall; 2,640 feet above sea level.

Sulphurous waters.

Climatic station.

There are three bathing establishments, all alike antiquated.

Thal.—Switzerland.

Climatic health resort.

Thale.—Germany, prov. Saxony, near Quedlinburg; 800 feet above the sea level.

Climatic air station, saline waters and hydropathy.

Doctors: Drs. Bode and Low.

Thalgut.—Switzerland, Canton of Berne, half-hour from Thun; 1,650 feet above sea level.

Cold ferruginous sulphurous waters.

Special indications: Rheumatism and nervous affections.

The establishment is fairly good.

Tharandt.—Germany, Saxony, on the Weiseritz, near Dresden.

Cold ferruginous waters.

Very good arrangements; the place is much frequented.

Doctor: Dr. Biehayn.

Theissholz.—Austria-Hungary.

Earthy waters.

Very primitive arrangements, used only by the surrounding inhabitants.

Thera.—Greece, one of the Cyclades.

Chalybeate and sulphurous waters, 75° to 105° F.

Very potent waters, but there are no arrangements whatever for strangers.

Thermas (Las).—Spain, near Saragoza, on the frontier, between Aragonia and Navarra.

Saline and sulphate of soda waters, 100° F.

Special indications : Rheumatism.

For Spain, very well appointed.

Thermia.—Greece, island in the Archipelago, anciently Dryopis.

Saline and saline ferruginous waters, 115° to 145° F.; mud baths.

No establishment, and used in a primitive fashion.

Thermopylæ.—Greece, Phthiotis, also called Herculesbath.

Saline sulphurous waters, 140° to 145° F.

The arrangements are altogether behindhand.

Thesbis Spring.—Greece, Bœotia, on the Helikon.

Ferruginous waters.

Renowned and much used in antiquity in cases of sterility ; they are now altogether abandoned.

Theusserbad.—Germany, Würtemberg, three hours from Heilbronn.

Earthy waters.

The situation is romantic, but the arrangements inadequate.

Thingöe-Syssl.—Iceland, near Reikiadal.

Alkaline waters, 195° F.

Not used therapeutically.

Thonen-les-Bains.—France, Upper Savoy ; 1,500 feet above the level of the sea. 500 inhabitants.

Carbonate of lime waters.

Doctors : Drs. Blanchard, Denarie, Duloulois and Vautier.

At Marclay, near here, there is an iron spring.

Thorp Arch, or Boston.—England, Yorkshire, West Riding, near Bramham.

Saline waters.

Very picturesque site ; air and climate good.

Doctors : Drs. Scatchard and Smith.

Hotel : Crown Hôtel.

Thorsöken.—Norway, near Fridriksstad.

Sea baths and saline springs.

Doctor : Dr. Christianse.

Thoune or Thun.—Switzerland, Canton Berne, on the lake of Thun ; 4,600 inhabitants.

Climatic station.

Season : June—September.

Climate bracing and strengthening. Spring being always very beautiful and some weeks in advance here, compared with other Swiss towns, it is therefore especially suited as a spring resort for people returning from the south.

The surrounding country is covered with pine forests, and excursions are numerous. Boating and fishing can be had ; the town is old and interesting, with a mediæval castle, and several good public buildings.

English church.

Banker : A. Knechtenhofer.

House and Estate Agent : A. Knechtenhofer.

Doctors : Drs. Burkhalter, Kaufmann, Mory, Pauli, Rau, Ris, Vogeli.

Hotels : The *Thunerhof*, kept by Mr. Chas. Staehle, also proprietor of the *Hotel Paradis*, Cannes. The *Falcon Hotel* ; proprietor, F. Matti. *Belle Vue*, Baumgarten, &c.

Thues.—France, Department of Pyrénées Orientales, near Olette.

Sulphurous waters, 110° F.

Arrangements are imperfect.

Thurso Bay.—Scotland, Caithness, near Dunnet Head.

Sea baths, sandy beach ; climate bracing.

Season : June—September.

Doctors : Drs. Craven and Smith.

Thusis.—Switzerland, Canton of Grisons, on the Via Mala, near Coire.

Mixed sulphurous waters.

Special indications : Skin diseases.

The establishment is old ; accommodation comfortable

Tiermas.—Spain, province of Zaragoza, near Sos.

Sulphurous saline waters, 80° to 100° F.

Special indications : Anchylosis (consequent upon injury), gravel, gout, rheumatism, paralysis, scrofula, menstrual derangements.

The establishment has been considerably enlarged of late, and is up to all modern requirements. The accommodation is good and cheap. There are large gardens, and the situation is charming.

Doctor : Dr. Pastor.

Tiflis.—Asia, Caucasus, Georgia.

Thermal sulphurous springs

Tillerborn.—*See TÖNNISTEIN.*

Tintagel.—Cornwall.

Health resort on the Atlantic. Magnificent coast scenery.

Hotel : *Wharnccliffe Arms.*

Tissières (les Boules).—France, Department of Cantal.

Cold bicarbonate of soda waters.

Table water.

Tissington.—England, Derbyshire, near Ashbourne.

Climatic and holiday resort.

Titus (Banos de).—Spain, on the road from Barcelona to Gerona.

Thermal saline waters, 105° F.

Good arrangements.

Tivoli.—France, Department of Upper Savoy, near Evian.

Effervescing ferruginous waters.

Tobarra.—Spain, province of Albacete, near Hellin.

Hydrosulphurous cold waters.

Special indications : Skin and kindred diseases.

The bathing establishment and accommodation are tolerable.

Tobelbad.—Austria, Styria ; 1,050 feet above the sea level, near Graz.

Inert waters, 80° F. A climatic station in summer.

The establishments are excellent ; accommodation abundant and comfortable. The situation is picturesque, and residence very agreeable. There are large well-kept gardens and a park.

Doctors : Drs. von Kottowitz and Blumauer.

Tolpa.—Italy, Romagna, near Campaccio.

Effervescent ferruginous waters.

There are no arrangements whatever for bathers.

Tongeren.—Belgium, Province of Limburg, near Liege.

Cold bicarbonate of iron waters.

Tönnisstein.—Germany, Rhenish Prussia, near Neuwied and Andernach.

Bicarbonate table waters. Only used for exportation.

There is an establishment.

Doctor : Dr. Rittershausen.

Tonsåsen.—Norway, in Valdres ; 1,970 feet.

Climatic air station.

Summer and winter sanatorium, with sub-alpine forest climate. The place is surrounded by large pine forests.

Exceedingly good arrangements.

Doctor : Dr. K. Andword.

Tôplika.—Austria, Croatia, near Warasdin and Agram.

Several sulphate of soda and alkaline springs, 145° F.

Special indications : Arthritis and skin diseases.

Several establishments and mud baths.

The Emperor Constantine rebuilt the thermæ after their destruction by fire in the third century.

Doctor : Dr. A. Fodor.

Topolschiz.—Austria, Styria, near Schonstein.

Indifferent waters, 80° F.

The arrangements are somewhat antiquated, but the accommodation is good, and the situation very fine.

Topuczko.—Austria, Croatia, near Sissek.

Several inert springs, 115° to 140° F.

Mud baths; climatic air station.

Special indications: Arthritism, scrofula, menstrual disorders.

Good arrangement; military hospital; large parks.

Doctors: Dr. Hinterberger and Matkovic.

Torda.—Hungary, Transylvania, near Klausenberg.

Bromo-iodurated saline waters.

Special indications: Scrofula.

Arrangements pretty good.

Toropetz.—Russia, Government of Pleskow.

Effervescent ferruginous waters.

There are no proper arrangements.

Torquay.—England, Devonshire, Channel coast.

Sea baths, small beach; cool climate in summer, warm in winter.

Season: November—May.

Special indications: Consumption and rheumatism.

Very much frequented, and popular as a winter resort. The temperature in winter is about the same as that of Bournemouth, but the rainfall is greater. The town is well sheltered. During the summer months accommodation for visitors is comparatively cheap.

Doctors: Drs. Huxley, Pollard, Cave, Smith, and many others.

Hotels: The Belgrave, Imperial, Osborne, Victoria & Albert, &c.

Torre-Anunziata.—Italy, Naples, on the rail from Naples to Salerno.

Bicarbonate of soda and effervescent acidulated waters, 85° F. Mild and healthy climate.

Season: All the year round, but principally June to September.

Special indications: Feeble digestion, incipient hepatitis, hypochondriasis, hæmorrhoids, leucorrhœa and skin diseases.

A bathing establishment is in course of construction. Daily concerts in summer on the beach.

Torre del Grecco.—Italy, near Naples.

Natural gaseous baths.

The situation is very lonely, and the baths are consequently little used.

Torre de San Miguel.—Spain, province of Zaragoza.

Cold sulphurous waters.

Special indications: Nervous affections, pulmonary catarrh.

Torres.—Spain, province of Madrid, near Alcala de Henares.

Sulphurous magnesian waters, 45° F.

The establishment is fairly complete; the visitors lodge in the village; gardens, park and environs are charming.

Doctor: Dr. Jaime.

Torres-Vedras.—Portugal, near Lisbon.

Saline ferruginous waters, 150° F.

The bathing establishment affords only the most modest accommodation.

Torretta (La).—Italy, Tuscany, valley of the Nievole.

Saline waters.

The arrangements are very primitive.

Tortosa.—Spain, province of Taragona.

Ferruginous waters.

Not analysed yet, and there is neither establishment nor accommodation.

Totland Bay.—England, Isle of Wight, two miles from the Needles.

Sea baths; fine sandy beach. Climate bracing and healthy.

Season: June—September.

The place is rapidly coming into fashion and favour.

Doctor: Dr. Hollis.

Hotel: The *Totland Bay Hotel*.

Toulon.—France, on the Mediterranean.

Sea baths, sandy beach.

Very good arrangements; somewhat neglected latterly.

Doctor: Dr. Lota.

Toulouse.—France, capital of Department of Haute Garonne; by O. Railway, 15 hours. 89 fr. 10 c. 1st class.

An old Roman town, taken by the Visigoths and afterwards by the Saracens, full of antiquities and objects of interest. A busy commercial town, also trading more especially in fruit, vegetables, wines, truffles, and *pâte de foie gras*. There are likewise manufactories of cabinet work, hats, and steel goods.

OBJECTS OF INTEREST: Cathedral and 10 other churches, the most interesting of which is St. Severin and Jacobins; Town Hall, Lyceum, Library, Law Courts, Hospitals, Botanic Gardens, Artillery schools, Arsenal, Observatory, and Cemetery.

Hotels: *Tivollier, Midi*.

Towyn.—Wales, Merionethshire.

Sea baths; hard sandy beach. Climate mild and bracing.

Doctor: Dr. Jones.

Hotel: The *Cambrian*.

Traishorloff.—Germany, Hessen-Nassau, near Hungen.

Saline waters.

The establishments are old-fashioned.

The situation is charming.

Tramore.—Ireland, Waterford, on the Atlantic coast.

Sea baths.

Doctor : Dr. Stevenson.

Trani.—Italy, 15½ hours rail from Bologna, on the Adriatic.

Sea baths ; good beach.

The establishments are indifferent.

Travemünde.—Germany, State of Lübeck, on the Baltic.

Sea baths ; sandy beach. Hot sand baths.

The establishment and accommodation are good. Very fashionable. A very extensive and beautiful park.

Doctor : Dr. Müller.

Trébas.—France, Department of Tarn, near Albi.

Bicarbonate of iron waters, 45° F.

Special indications : Liver complaints, stomachic disorders, chlorosis.

There is an establishment.

Tremblade (La).—France, Department of Charente Inférieure, on the Bay of Biscay.

Sea baths ; a very fine sandy beach.

Tremiseau.—France, Department of Cantal.

Ferruginous bicarbonate waters.

Trenczin-Teplitz.—Hungary, near Schemnitz and Pressburg.

Bicarbonate of lime and sulphurous waters, 90° to 100° F.

Mud baths ; climatic station, whey cure.

One of the principal Hungarian establishments.

Special indications : Rheumatism, skin diseases, affections of the respiratory organs.

Doctors : Drs. J. N. von Heinrich, Nagel and Ventura.

Hotels : *Establishments*.

Treport (Le).—France, Department of Seine Inférieure, near Dieppe.

Sea baths ; sandy and shingly beach.

Very picturesque scenery.

Season : July—September.

Doctors : Drs. Lemarchand and Coutan.

Tresclaix.—France, Department of Hautes Alpes, near Gap.

Cold alkaline springs, containing silicate (silicate of alumina, 0.112 gr.).

Trescorre.—Italy, near Bergamo.

Saline sulphurous waters, 55° F.; mud baths.

The establishments are inferior. The site is pretty.

Triberg.—Germany, Baden, in the Black Forest; railway station on the Baden line of the Black Forest; 2,500 inhabitants, and 1,957 feet above the sea level.

Climatic station; whey and milk cure.

Season: May till October.

Triberg is mostly visited on account of its beautiful surroundings and as a centre for excursions. The small town contains many manufactories, and during the season there is a permanent exhibition in the upper town of "articles de souvenir." The air is particularly mild and bracing, owing to the pine forests on the surrounding hills.

Doctor: Dr. Feederle.

Hotels: *Black Forest, Wehrle, Belle Vue, &c.*

Triente (or Trent).—Austria, South Tyrol.

Health resort, beautifully situated—a convenient centre for the Dolomites.

Hotel: *Grand Hotel Trento.*

Trieste.—Austria, Istria, on the Adriatic, the most important Austrian seaport.

Sea baths, fine sandy beach. The mean temperature of the sea is 80° F. in June, July, and August.

The arrangements are good. The town contains many buildings and objects of interest. It is the centre of Austrian commerce, and has a naval dockyard. There is a disposition to make a winter station of Trieste, but all attempts to do so have failed so far. The "Bora" is the natural enemy. A splendid view is obtained by ascending the Optschina.

Bookseller: J. H. Schimpff, Piazza della Borsa.

Hotels: The *Hôtel de la Ville* is a first-class house, well situated on the sea. Large bathing establishment, with fresh and salt water baths; moderate prices. F. Rosslacher, proprietor.

Trillo.—Spain, province of Guadalaxara, near Cifuentes.

Ferruginous nitrogen, saline, and sulphurous waters, 55° to 75° F.

Special indications: Arthritis, scrofula and skin diseases.

A very complete balneal establishment. The situation is fine. Good gardens and well-kept promenades on the banks of the Tajo.

An hospital for the poor.

A well-frequented station.

Doctor: Dr. Taboada.

Tritoli.—Italy, near the ruins of Cumæ, Bay of Naples.

Saline waters, 140° F.; brine baths.

Used in primitive fashion.

Trogen.—Switzerland, reached from St. Gall by diligence, one and a half hours.

Climatic health resort.

Doctor: Dr. Zellweger.

Trois-Torrens.—Switzerland, Grisons, near St. Moritz; 2,570 feet above sea level.

Earthy ferruginous waters, 80° F.

The establishment is inadequate.

Trolière (La).—France, Department of Allier, near St. Pardoux.

Effervescing, ferruginous bicarbonate waters, containing more carbonic acid than the waters of St. Pardoux.

Troutbeck.—England, Yorkshire, Ilkley, near Leeds.

Hydropathic establishment.

Doctor: Dr. Thomas Scott.

Trouville-sur-Mer.—Department of Calvados, near Pont l'Evêque. Population 7,000.

Very fashionable and much-frequented sea baths; sandy beach.

There is a Kurhaus. The establishment, and all appertaining to it, is of the best. Concerts, balls, races, and amusements of all kinds; living will be found expensive during the season.

Near Trouville are *Deauville*, *Cobourg*, *Houlgate*, and other bathing-places.

Dentist: A. Preterre.

Doctors: Drs. Boulay, Legoupils and Leneven.

Hotels: *Roches Noires*, *de Paris*, *Plage*, *Belle Vue*, &c.

Truskawice.—Austria; Galicia, district of Sambór.

Three cold springs of saline, ferruginous, and sulphate of lime waters; mud baths, whey cure.

Special indications: Arthritis, chlorosis, skin diseases.

Fairly arranged establishments. The accommodation is comfortable and the site picturesque.

Doctor: Dr. Rieger.

Tschawitz.—Austria, Bohemia, near Kaaden.

Earthy alkaline waters.

There is a small establishment, with good accommodation.

Tuebingen.—Germany, Würtemberg.

Earthy alkaline waters.

The establishment is good. There is a university, which is one of the best in South Germany. The situation is very good, and the accommodation ample, comfortable, and moderate in price.

Doctors: Drs. Bruns and v. Furgensen.

Tüffer.—Austria, Styria, station on the railway line from Vienna to Trieste.

Thermal indifferent springs, 100° F. Drinkhall. Climatic station.

Special indications: Nervous disorders, gout, rheumatism, tendinous retractions, articular pains, and female complaints.

The situation is amongst the finest in Styria.

Season: Open all the year round.

Doctors: Drs. von Schön-Perlashof and Gans.

The Kaiser Franz Josef's baths is one of the best establishments of its kind in Austria. Theod. Gunkel, proprietor.

Tunbridge Wells.—England, Kent.

Cold ferruginous bicarbonate waters, containing 0.32 gr. of protoxide of iron.

Climate bracing and healthy.

Season: June—September.

Special indications: Anæmia, chlorosis.

Excellent arrangements.

Doctors: Drs. Ranking, Rix, and many others.

Hydropathic Establishment: The Tunbridge Wells Spa.

Hotels: Calverley, Castle, Molyneux, Park and Wellington.

Tunis.—Africa.

The regency of Tunis has several thermal springs, which are in great repute with the natives.

Tür.—Austria-Hungary, Transylvania, near Blasendorf.

Bitter waters. Exported.

A difficult place to reach.

The town is situated in a plain, and owing to flooding of the rivers is sometimes inaccessible for weeks. Bathing arrangements old-fashioned.

Turin.—Italy, capital of Piedmont.

Turin is situated between the Dora and Po rivers, is very regularly built, and does not contain a single poor-looking house.

The climate is changeable and on the whole unpleasant.

OBJECTS OF INTEREST: The Duomo or Cathedral, Churches of La Consolata, Corpus Domini, Royal Palace, Palazzo Madama, Royal Armoury, Academy of Science, Royal Gallery of Paintings, Museum of Antiquities, Natural History, Royal University, Arsenal, Royal Theatre, Public Garden.

EXCURSIONS: To La Superga, to Nice, *viâ* the Col di Tenda, Stupianigi, Cuneo, and to the Chartreuse de Pesio.

CABS: Course 1 fr.; per hour, 1½ fr.; two horses by hour, 2 fr.

Post-office: Palazzo Carignano.

Telegraph: Piazza Castello.

Bookseller: H. Loesher, 19, Via di Po.

Hotels: The *Hotel d'Europe*. A large, excellent, first-class house, facing the King's palace and in the best situation in the town; railway ticket office in the hotel. Borgo and Gagliardi, proprietors.

Tusnád.—Austria-Hungary, Transylvania, near Kronstadt.

Saline ferruginous waters; climatic station.

The town is surrounded by very extensive pine forests. The climatic conditions are most favourable, and the establishment good.

Doctors: Drs. Lengyel and Müller.

Tuy.—See CALDAS DE TUY.

Twer.—Russia, capital of the Government of the same name on the Tmak.

Ferruginous waters. Exported.

The arrangements are primitive, and the waters used only by the surrounding inhabitants.

Tynemouth.—England, Northumberland, at the mouth of the Tyne, on the North Sea.

Cold ferruginous waters and sea baths; fine sandy beach.

Climate very mild.

Season: June—September.

Doctors: Drs. Bramwell and Gibbson.

Hotel: The Bath.

Ueberkingen.—Germany, Würtemberg, near Ulm.

Cold effervescing alkali-saline and ferruginous waters.

Special indications: Atony, catarrh of the respiratory organs, anæmia, rachitis.

Pretty good establishment and accommodation. The situation charming and scenery romantic.

Ueberlingen.—Germany, Baden, near Schaffhausen; 1,233 feet above the sea level, on the north-west shore of the Lake of Constance.

Effervescent ferruginous waters, bathing in the lake; mild climate.

Doctors: Drs. Holzhauer and Lachmann.

Ugod.—Hungary, comitat of Vesprim, near Pápa.

Earthy-saline ferruginous waters.

Special indications: Uterine affections and vesical disorders.

The establishment is antiquated; situation charming; accommodation indifferent.

Uhlmühle.—Germany, Hanover.

Cold ferruginous waters.

Uleaborg.—Russia, Finland.

Sea baths in the Gulf of Bothnia.

Ullersdorff.—Austria, Moravia, district of Ollmütz, near Hohenstad .

Alkaline sulphurous waters, 75° F. Whey cure and climatic station.

The situation is romantic, and the surrounding country very mountainous. The establishments and accommodation are good.

Ullswater.—England, Westmorland, in the Lake District.

Hydropathic establishment, and summer holiday resort

Doctor : Dr. MacNalty.

Ulricehamn.—Sweden ; 20 miles from Boras ; 1,312 feet.

Climatic air station.

Much frequented. Hydropathic treatment.

Doctor : Dr. Matell.

Undary.—Russia, Government of Simbirsk.

Effervescent ferruginous waters.

The arrangements are most primitive, and the water is used only in the immediate neighbourhood.

Unterageri.—Switzerland, Lake of Aegeri.

Climatic health resort.

Unterbad.—Switzerland, Canton of Appenzell, on the Sitter ; 2,13 feet above sea level.

Earthy alkaline waters ; whey cure.

The situation is pretty, but the establishment leaves room for improvement.

Unterhallau.—Switzerland, near Schaffhausen ; 1,530 feet above sea level.

Sulphurous waters.

The bathing establishment is old-fashioned, and the accommodation not good.

Unter-Micsinye.—Austria-Hungary, near Neusohl.

Earthy ferruginous waters ; exported.

The arrangements are intended to facilitate exportation only

Unterseen.—Switzerland, Canton Berne.

Whey cure station.

Unterwasser.—Switzerland, Appenzell ; 2,745 feet above sea level.

Health resort.

Urach.—Germany, Württemberg, near Metzingen.

Climatic air station ; whey cure.

Very much frequented for its charming scenery and fortifying air. The place is surrounded by interminable forests.

Doctors : Drs. M. Camerer, Klüpfel and Matz.

Urbalacone.—France, Corsica, near Ajaccio.

Sulphurous arsenical waters, 90° F.

Special indications : Phthisis of the larynx, skin diseases.

Urberoaga de Alzola.—Spain, province of Guipuzcoa, near Plasenzia.

Saline waters, 75° F.; also two ferruginous springs.

Special indications: Affections of the uterus and urinary organs, anæmia, chlorosis, spleen and liver complaints.

The establishment is complete, and contains in its newer portions assembly rooms, ball, concert and billiard rooms. The accommodation is good and moderate.

Doctor: Dr. de la Pedruesa.

Urberoaga de Ubilla.—Spain, Biscaya, near Villa de Marquina.

Sulphurous alkaline waters, 82° F. Sitz, steam, shower, and spray baths. Inhalations.

Special indications: Catarrh and other affections of the mucous membranes, laryngitis, pharyngitis.

The establishment is elegant, and the accommodation comfortable and moderate in price. Scenery picturesque.

Doctor: Dr. Jimenez de Pedro.

Uriage.—France, Department of Isère, near Grenoble; 1,250 feet above sea level. For routes see table.

Saline sulphurous waters, 81 F. There is also a muriatic ferruginous spring.

The former, the important water of the place, contains 7 grammes of chloride of sodium and 0·0113 grammes hydro-sulphuric acid per litre. The waters likewise contain a considerable quantity of lime, soda and magnesia, with an appreciable percentage of arsenic.

Season: From 15th May till 15th October.

The thermal establishment, situated in one of the most picturesque valleys of the Dauphinese Alps, 400 m. above sea level, is one of the best in Europe, and can accommodate 2,000 bathers at a time; from 60,000 to 70,000 baths or douches are administered here annually. Taken to the amount of from three to six glasses per diem, the water acts as a purgative; in from one to two glasses it is alterative, and stimulates the digestive functions; used externally in baths, douches, &c., it acts as a tonic and reconstituent; in the form of spray it is frequently used with great success in chronic affections, especially those of the eyelids (blepharitis), of the pharynx (granular pharyngitis), and of the face (eczema, acne, &c.).

The *special indications* for the use of the waters are very numerous. They are employed with great success in scrofula and its various manifestations, especially in children; in chronic affections of the skin, notably eczema, impetigo, acne, &c.; in chronic rheumatism, in nervous affections, in convalescence after severe illnesses, long nursing, and in various pathological conditions resulting from anæmia and debility. Their efficacy has also been undeniably established in a certain class of cases which are met with chiefly among young

girls. With such it is often necessary to encourage or regulate the menstrual functions. At the period of the menopause in elderly persons they are also highly beneficial, especially in cases where derivative action is desirable in order to prevent cutaneous or other localisations of disease, which either the family history or an acquired taint render probable. In cases of incipient consumption they often arrest the progress of the disease, by modifying the whole system; also in constitutional syphilis, and especially in its tertiary and more inveterate forms, they constitute an active auxiliary to mercurial treatment.

The baths are situated in the midst of a large and magnificent park. Ample accommodation may be found in the hotels and furnished villas.

The walks and excursions are numerous, and the scenery most picturesque. Concerts every day; balls every Thursday and Sunday. Theatre; Casino.

Post and Telegraph. English Church. Carriages, horses and mules for excursions.

Doctors: Drs. Doyon (medical inspector of the baths), Teulon-Valio, and Maritoux.

Hotels: Are all under the supervision of the Bath Committee.

Information from the Director of the Establishment free of charge.

Urnäschen.—Switzerland, Canton of Appenzell; 2,514 feet above sea level.

Alkaline earthy waters; whey cure.

The site is romantic and the establishment fairly good.

Ussat.—France, Department of Ariège, near Foix; 1,300 feet above sea level. For routes see table.

Saline and sulphurous waters, 80° to 100° F.

Special indications: Affections of the uterus, with a neuro-pathic tendency; neuroses.

The scenery is mountainous, the establishment very good, and the accommodation abundant and comfortable.

Usson.—France, Department of Ariège, near Foix.

Sulphate of soda waters, 50° to 75° F.

Ustrow.—Austria, Silesia, near Teschen.

Hydropathic and whey cure station.

The establishment is thorough, and the accommodation comfortable.

Utzera.—Russia, Caucasus, near Kutais.

Effervescent ferruginous waters.

The arrangements are very incomplete.

Uzsok.—Austria-Hungary, comitat of Ung, on the frontier of Ung.

Ferruginous waters.

A small but well-arranged establishment.

Vacia-Madrid.—Spain, near Madrid, on the borders of the Jarama, Purgative waters.

There are no arrangements for using the waters.

Vaisse.—France, Department of Allier, near the thermal establishment of Vichy.

Composition of the waters similar to that of Vichy; they are more effervescing.

Val-André (Le).—France, Department of Cotes-du-Nord, *viâ* Lamballe. Sea baths; sandy beach.

Valdeganga.—Spain, province of Cuenca, and near that town.

Effervescent ferruginous waters, 60° F.

Special indications: Anæmia, chlorosis, dyspepsia, intestinal obstructions, hyperæmia of liver.

The establishment is bad, everything being in a backward condition.

Doctor: Dr. Yebenes.

Valdepeñas.—Spain, province of Ciudad-Real, near Toledo.

Acidulous ferruginous waters.

Special indications: Menorrhagia, amenorrhœa, leucorrhœa, debility of the stomach, gastralgia and dyspepsia.

Valdieri.—Italy, Piedmont, province of Coni; 4,500 feet above sea level. Pop. 2,000.

Several hyperthermal sulphate of soda springs, 180° F.

Special indications: Skin diseases, rheumatism, old sores, ulcers.

The establishment is complete, the site mountainous, but the climate rather humid. The garden and parks are extensive. Accommodation good and moderate in price.

Hotel: Grand Hotel de Valdieri.

Valdorf.—Germany, Westphalia.

Cold sulphate of lime waters.

Vale-Szkragey.—Austria-Hungary, comitat of Mármaros, near Felső-Visső.

Sulphurous ferruginous waters; alum waters.

This place would amply repay more attention; at present the water is only used in the immediate neighbourhood.

Valencia.—Spain, capital of province of the same name, on the Guadalquivir, about one mile from the Mediterranean.

Winter station and sea baths. The beach is sandy.

As a sea bathing station Valencia is one of the most important in Spain.

As a winter station, owing to the marshes in the vicinity, it is less frequented than its climate merits. Opinions vary, however, considerably as to this. The sky is almost always

clear, the rainy days amounting to only 38 in the year. The mean winter temperature is 57° F., and never falls below freezing point. There is a heavy dewfall in the evening; snow is extremely rare. Relative humidity of the air, 66%. The drinking water contains a good deal of lime, as on the Riviera. The autumn months is the season for sea baths. Drainage comparatively good, being aided by the river.

Doctor : Dr. Serrano.

Hotel : *De la Ciudad de Madrid*.

Valenza.—Italy, Piedmont, province of Alexandria.
Sulphurous iodurated waters.

Valescure.—*See* ST. RAPHAEL.

Vale-Vinului.—Austria-Hungary, Transylvania, comitat Bistritz-Naszod, near Ródna.

Alkali-saline waters.

Very romantically situated.

Valle de la Cueva.—Spain, province of Madrid.

Cold sulphate of soda waters; nine grammes of sulphate of sodium.

Valle de Rivas.—Spain, province of Gerona, near Bruguera.

Bitter and ferruginous effervescent waters, 45" F.

Neither the establishment nor the accommodation encourage visitors to remain.

Doctor : Dr. Mir.

Vallorbe.—Switzerland.

Climatic health resort in summer.

Doctor : Dr. Dugne.

Vals.—France, Ardèche, near Aubenas.

Various cold alkaline springs, which may be classed as weak, medium, and strong, according to the amount of mineralisation.

Principally used as table waters.

The exportation of Vals water reaches several million bottles annually.

Special indications : Gravel, liver complaints, and disorders of the spleen.

Doctors : Drs. Charvet and Freeman.

Vals.—Switzerland, Grisons, near Peiden; 2,450 feet above sea level.
Ferruginous waters, 70° F.; very little used.

Varberg.—Sweden, two hours south of Gothenburg.

Sea baths.

Much-frequented health resort, with exceedingly well-served mud baths. Cheap living.

Doctors : Drs. Westermarck, Carlson, &c.

Varennnes.—France, Department of Maine and Loire, near Angers.

Ferruginous arsenical waters.

Varese.—Italy, ten miles from Como.

Health resort; a good intermediate station between the Riviera and Switzerland, and therefore an early spring and also autumn resort.

Doctor : Dr. Freeman.

A good hotel is the *Grand Hotel Varese*.

Várgéde.—Austria-Hungary, comitat of Gómör.

Effervescent ferruginous waters, 45° F.

The establishment is an old-fashioned one.

Vaugnières.—France, Department of Drôme, Arrondissement of Die.

Mixed bicarbonate of iron, and iodurated waters.

Vaxholm.—Sweden, near Stockholm.

Sea baths, with sandy beach.

A favourite resort with the inhabitants of Stockholm.

Veierbach.—Germany, Baden, near Offenburg.

Cold ferruginous bicarbonate waters.

Establishment very incomplete.

Veldes.—Austria, Carinthia.

Climatic station; hydropathic establishment, with whey cure.

The establishment is new and thoroughly well fitted up.

The cure consists chiefly in the influence of sun and air on the skin, the whole body being uncovered during the time the patient is undergoing treatment; patients walk in the park as lightly clad as in a Turkish bath. The site is charming and quiet; the air pure and healthy. Good fishing and hunting.

Doctors : Drs. Germonik and Rütli.

Hotel : *Mallner's*.

Velejte.—Austria-Hungary, comitat of Zemplén.

Alkali saline waters.

A bathing establishment with large parks.

Vellebro (Acqua di).—Italy, province of Bari; stop at Fasano, between Foggia and Brindisi.

Earthy alkaline waters.

Special indications : Constipation, hepatic complaints, vesical calculus and gravel.

. Primitive establishments, with inadequate accommodation.

Velleminfroy.—France, Department of Haute Saône, near Vesoul, station of Creveney.

Cold sulphate of lime and magnesian waters; two grammes of mineralisation.

Special indications: Affections of the uterus and bladder.

Velleron.—France, Department of Vaucluse, near Carpentras.

Bicarbonate of soda water.

Velmont.—France, Department of Seine Inférieure, near Fécamp.

Cold ferruginous waters.

Venafro.—Italy, province of Naples, near Teano, on the Volturno.

Saline waters. Exported. Used only in the locality as drinking waters. The arrangements are very imperfect.

Venice.—Italy, province of Venetia, a seaport on the Adriatic.

Sea baths and winter station; sedative climate.

The mean winter temperature is 45° F. The climate is somewhat variable, and windy days are frequent. Mean barometric pressure, $760\cdot07$ m/m., with daily changes ranging from $2\cdot23$ m/m; mean relative humidity of the air, $75\frac{1}{2}\%$; 50 rainy and snowy (five of latter) days during season are recorded. Fogs are very rare. The climate of Venice may thus be said to assimilate somewhat to that of Pau and Pisa, but chiefly as regards atmospheric moisture. The drinking water is not good.

The most favoured and most sheltered quarters are the Riva and the Zattere. Here patients can enjoy outdoor exercise without being obliged to hire a gondola. The choice of an apartment, &c., should, however, always depend on the advice of a resident medical man.

English Church: Palazzo Contarini San Trovaso.

Optician and Photographs: Carlo Ponti, 52, Place St. Marco.

Chemist: Zampironi, St. Moisé.

Bookseller: Münster, Piazza San Marco.

Bankers: S. & A. Blumenthal & Co., on the Traghetto.

Doctors: Drs. Kurz, Keppler, Lewi and Minich.

Hotels: Royal, Grand, Britannia, Europe, Italy, Bauer, Angleterre, Victoria and Monaco.

Ventnor.—England, Isle of Wight.

Sea baths; sandy and pebbly beach; climate mild and steady.

Very fashionable.

Seasons: June—September, and November—February.

Doctors: Drs. Bell, Coghill and Rogerson.

Hotels: Royal, Marine, and many good boarding-houses.

Vernayaz.—Switzerland, Valais, near the Gorges du Trient; 1,530 feet above sea level.

Climatic health resort.

Hotels: *Gorges du Trient* and *de Vernayaz*.

Vernet (Le).—France, Department of Pyrénées Orientales, near Prades; 1,900 feet above sea level.

Mountain air cure, and winter station.

Sulphurous saline waters, 45° to 140° F.

Eleven springs, two establishments.

Special indications: Rheumatism, scrofula, syphilis, and pulmonary affections.

The establishments are good, and the accommodation comfortable. In a charming position, under Mount Carrigon, which rises to a height of 9,000 feet. The park and gardens are extensive.

Much used as an air cure for phthisis, and also by summer visitors.

Doctors: Drs. Massina and Piglowski.

Vernex.—Switzerland, adjoining Montreux (which see).

Verrazano.—Italy, Tuscany, valley of the Teverino.

Effervescent alkaline waters, 50° F. Little used.

Vescovo (Bagno del).—Italy, near Grosseto, Val d'Ombrone.

Bitter waters, slightly mineralised, 70° F.

There is a small and incomplete establishment.

Vetan.—Switzerland, Engadine, near Schüls; 5,000 feet above the sea level.

Climatic mountain air station, whey and milk cure.

Doctor: Dr. Killias, from Tarasp.

Vetzel.—Austria-Hungary, Transylvania, Valley of Kalamar.

Alkaline waters, 50° F.

There are no arrangements to accommodate visitors.

Veules.—France, Department of Seine Inférieure, near St. Valéry.

Sea baths; sandy beach.

Veulettes.—France, near Dieppe.

Sea baths; sandy beach. Air bracing.

Season: July—October.

Residence here is quiet.

Vevey.—Switzerland, Canton Vaud, on the Lake Lemman.

Air cure station, grape and whey cure.

A small town close to Montreux, to which place there is a tramway. It possesses a casino, with the usual attractions, and a theatre.

English Church.

Bookseller : Benda.

Doctors : Drs. Muret, Guisan, Reymond, Rossier, Martin and Turin.

Hotels : *Grand Hôtel de Vevey, Trois Couronnes, d'Angleterre, &c.*

Veytaux.—Switzerland, on the north-east shore of Lake Lemman, near Montreux; 1,400 feet above the level of the sea.

Climatic station; chiefly visited as a station of call.

Season : Spring and autumn.

Hotels : *des Palmiers, Pension Mason.*

Vialla.—Italy, Tuscany, near Firenzuola.

Sulphurous waters, 40° F.

The establishment is incomplete.

Viareggio.—Italy, between Spezia and Leghorn.

Sea baths; sandy beach; climate very mild.

Season : August—October.

Coming into favour as a winter station, though rather foggy.

Doctor : Dr. Hirschl.

Hotels : *de la Grande Bretagne, New York and Anglo-American.*

Vicarelo.—Italy, near Rome.

Alkali-saline waters, 112° F.

These waters are supposed to be the Apollinaris waters of the ancient Romans. Arrangements poor, and very much neglected.

Vicarsbridge.—Scotland, near Dollar, Clackmannanshire.

Sulphate of iron waters.

Some of the richest iron waters known.

Vichy.—France, Department of Allier. For routes see table.

Several bicarbonate of soda alkaline springs, ranging from 35° to 105° F.

Three of the springs are ferruginous. Vichy may be taken as the type of alkaline waters generally. Any disease due to excess of acidity is benefited by waters such as those of Vichy.

These waters can be obtained from Messrs. Ingram & Royle, 52, Farringdon Street, London, sole agents in England.

Special indications : Dyspepsia, splenic and hepatic disorders, uric acid diathesis, catarrh of the urinary organs, diabetes.

Vichy has been well called "the Queen of thermal watering-places"; it is visited by as many as 40,000 persons yearly.

Bookseller : Vve. César, Passage du Casino.

Doctors : Drs. Durand-Fardel, Barudet, Jardet, Cormack, Villemin, Souligoux and Nicolas (Rue de Nimes).

Hotels : *Nouvel, des Ambassadeurs, Mombrun, du Parc, Grande Bretagne.*

Vic-le-Comte.—France, Puy du Dôme, near Issoire.

Ferruginous waters.

Used only in the immediate neighbourhood as table waters.

Vicogne.—France, Department of Nord, near Valenciennes.
Cold sulphate of sodium waters.

Vic-sur-Cère.—France, Department of Cantal, near Aurillac.
Bicarbonate of iron waters.
Doctor : Dr. Soubeyran.

Victoire.—Italy, near Aosta, Val d'Entrèves ; 3,800 feet above sea level.
Effervescent ferruginous waters.
Very mild climate.
The arrangements are not satisfactory.

Victoria Spa.—England, Warwickshire.
Sulphate of sodium waters.
Special indications : Rheumatism, dyspepsia, liver complaints.

Vidago.—Portugal, near Oporto.
Alkali-saline and ferruginous waters, like those of Vichy.
Season : September—November.
The establishments and arrangements generally are modern, and provided with all the latest and most scientific improvements. Trout fishing can be had. The situation is picturesque, and residence pleasant.

Viège (or Visp).—Switzerland, Valais.
Health resort.
Hotel : *des Alpes*.

Vienna.—Capital of Austria, from Paris, *viâ* Strasburg, Munich, and Passau, 48½ hours. 190 fr. 1st class.

The town is situated near the southern bank of the Danube, and is of very ancient origin. It has been the residence of the German Emperors from the 13th to the 19th centuries, and is full of historical interest.

It was unsuccessfully besieged by the Turks in 1683.

OBJECTS OF INTEREST : The Cathedral of St. Stephen, Churches of the Capucines, Latin, Carmelites, St. Michael, St. Charles Borromeo, Imperial Palace or Burg, Imperial Library, Cabinet of antiquities, Cabinet of minerals, Museum, Coach-house and riding school, Imperial Jewel office, People's garden, Picture gallery, the Lower Belvedere with Ambras collection of armour, Esterhazy gallery, Liechtenstein gallery, Imperial arsenal, Town arsenal, University, General and Lying-in Hospitals, Opera-house, and Hofburg Theatre, the Prater, the Ring Strassen, Dreher's and Geyer's beer-houses, Aquarium and Exhibition Palace of 1873, many private gardens.

Amateurs of the bath will be amply repaid for travelling any distance by a visit to the Turkish baths of Dr. von Heinrich.

EXCURSIONS Schönbrunn, Hütteldorf, Hietzing, Brühl Laxenburg, Mœdling, Baden, warm springs; Leopoldsberg, Kahlenberg, and Klosterneuburg.

CABS: Half hour or less, 1 fl., and each succeeding $\frac{1}{2}$ hour, 50 kr.; one-horse carriage, $\frac{1}{4}$ hour, 50 kr., and not exceeding $\frac{1}{4}$ hour, 60 kr.; each succeeding $\frac{1}{4}$ hour, 20 kr.

Post-office: Alte Postgasse, 10.

Telegraph: I. Börsenplatz 1; Hotel National.

Doctors: Drs. Bamberger, Nothnagel, von Heinrich, Bettelheim, Kaposi and Waterhouse, and many others, several of whom are eminent specialists.

Hotels: *Imperial, Golden Lamb, Grand, Metropole, National and Archduke Charles.*

Vignale.—Italy, Piedmont, near Casale.

Cold saline sulphurous waters.

Vignolles.—France, Department of Vienne, near Loudùn.

Cold saline waters.

Vignone.—Italy, Tuscany, Siena, near San Quirico.

Ferruginous alkaline waters, 100° F. Natural steam baths.

The establishments are good, as is also the accommodation.

Vegetation luxurious, and situation charming.

Vihnye.—Austria-Hungary, near Schemnitz.

Earthy, ferruginous effervescent waters, 100° F. Climatic station in summer. Very mild climate.

The establishment might easily be improved. Accommodation indifferent. The situation is fine and well sheltered. Vegetation luxurious. An extensive park has recently been laid out.

Doctor: Dr. Boleman.

Villacarillo.—Spain, province of Jaen.

Sulphurous waters 30° to 45° F

Villa delle Caselle.—Italy, near Arezzo.

Alkaline waters, 55° F.

There is nothing here except the spring.

Villa d'Este.—Italy, Lake of Como, near Cernobbio.

Hydropathic establishments; arranged to admit a limited number of indoor patients.

Villafafila.—Spain, province of Zamora.

Nitrate of potash to the extent of 1.80 gr. is found in these waters.

Villaharta.—Spain, province of Córdoba, near Alhondiguilla.

Acidulous bitter waters containing iron.

Special indications: Chlorosis, anæmia, menorrhagia, amenorrhœa, dysmenorrhœa, vesical catarrh.

The site is very beautiful. The establishment is situated in the midst of large gardens. Accommodation abundant.

Doctor: Dr. Illescas.

Villanueva de Gallego.—Spain, province of Zaragoza, near Huesca.

Hydro-sulphuric waters.

Though this spring has been discovered only recently, it is already eagerly sought after.

Villar del Pozo.—Spain, province of Ciudad-Real, near that town.

Acidulous ferruginous waters, 70° F.

Neither the establishment nor the accommodation offer any attractions.

Doctor : Dr. Ocaña y Pazos.

Villaro.—Spain, province of Vizcaya, near Bilbao.

Sulphurous earthy waters.

Special indications : Skin diseases, lymphatism, syphilis, pharyngeal and laryngeal disorders, vesical and uterine catarrhs.

The site is very picturesque, and the establishment is surrounded by a large garden and very complete. The accommodation is good and prices low.

Doctor : Dr. Palacios Tomás.

Villars.—Switzerland, above the Lake of Geneva; 3,830 feet above the sea level.

Health resort.

Doctor : Dr. Wisard,

Hotel : *Hotel du Grand Muveron*.

Villaviciosa.—Spain, province of Guadalajara, near Brihuega.

Alkali-saline waters.

Formerly much in vogue, they are now almost entirely abandoned.

Villatoya.—Spain, province of Albacete, and near that town.

Alkaline waters, 70° F.

Special indications : Rheumatism; one spring is used in cases of parasitical affections, diabetes, scrofula.

The establishment is well fitted, and accommodation suitable to all purses.

Doctor : Dr. Garcia Teresa.

Villavieja de Nules.—Spain, province of Castellon de la Plana, six hours from Valencia.

Sulphate of magnesia waters, 75° to 110° F.

Special indications : Rheumatism, neuralgia, paralysis.

A well-frequented and well-appointed bathing establishment.

The hotels are good, and the accommodation within the reach of all. There are assembly, reading, smoking, ball and billiard rooms.

Doctor : Dr. Barraca.

Villefranche.—France, Department of Aveyron,

Alkaline waters, 27° F.

Villefranche.—France, Department of Alpes Maritimes, near Nice.

Sea baths and winter station; little frequented, but in a very sheltered position.

The temperature is in the mean 5° higher in winter than at Nice and Cannes.

Villeneuve.—Switzerland, Canton Vaud, on the Lake of Geneva, seven miles from Vevey.

Climatic station.

The most convenient starting-point for excursions to the Valais Zermatt, Chamounix, &c.

Season : All the year round.

English Church : Service at the Hôtel Byron.

Hotel : The Hôtel Byron.

Villers-sur-Mer.—France, Calvados, near Trouville.

Sea baths; fine sandy beach. Climate bracing.

Season : May—September.

Villerville.—France, Calvados, near Deauville.

Sea baths; fine sandy beach. Climate bracing.

Season : May—September.

The scenery is picturesque, and Villerville is rising rapidly in public favour.

Vilo or Rosas.—Spain, province of Malaga, near Colmenar.

Bitter and ferruginous effervescent waters, 50° F.

Special indications : Skin diseases, anæmia, chlorosis, glandular swellings, hyperæmia of liver and spleen.

The construction of an establishment with an hotel is in contemplation. Until this is finished, residence is scarcely possible.

Doctor : Dr. Alvarez.

Vilsbiburg.—Germany, Bavaria.

Bicarbonate of lime waters. There is a small bathing establishment, with good accommodation.

Vinadio.—Italy, Piedmont, near Coni.

Saline and sulphurous waters, 40° to 150° F. Diuretic and purgative action. In baths they are very invigorating and tonic.

Special indications : Rheumatism, and vesical disorders.

A good establishment. The accommodation is comfortable, the society very select.

Vinca.—France, Department of Pyrénées Orientales, on the railway from Perpignan to Prades.

Saline sulphurous waters, 55° F.

Special indications : Rheumatism and skin diseases.

The establishment is good, and the situation picturesque.

Vippach-Edelhausen.—Germany, Saxe-Weimar, near Weimar.

Saline waters.

There is an establishment, but little has been done to develop the resources of the place.

Visby.—Sweden, on the Isle of Gottland.

Sea baths.

Climatic health resort, with mildly bracing climate. Good bathing establishment. Interesting tourists' resort on account of the mediæval character of the town, with beautiful church ruins. Excellent promenades, and almost southern vegetation.

Doctor: Dr. Kallenberg.

Visibachbad.—Switzerland, between Schaffhausen and Baden.

Inert waters, 45° F.

The site is fine. There is a small establishment.

Visk.—Hungary, comitat of Marmarós, near Tecső.

Ferruginous bicarbonate of soda waters.

Special indications: Gravel, dyspepsia.

The site is romantic—on the slope of a hill in the Theiss valley—and the establishment excellent. Much frequented.

Visone.—Italy, Piedmont, district of Rivalto d'Acqui.

Sulphurous waters, 60° to 75° F.

The site is unhealthy, and the establishment old-fashioned.

Visos.—France, Department of Hautes Pyrénées.

Sulphate of lime waters.

Special indications: Old sores and wounds.

Viterbo.—Italy, province of Rome.

Sulphurous thermal waters, 145° F., and cold ferruginous waters.

Special indications: Rheumatism, skin diseases, and syphilis.

Vitry-sur-Marne.—France, Department of Marne.

Ferruginous waters.

Vittel.—France, Department of Vosges, reached from Paris in eight hours, or London in 18 hours. 1,600 inhabitants; 340 metres above sea level.

Two springs.

Grand Spring, for gravel, gout, rheumatic gout, vesical catarrh, diabetes, affections of the uterus, dyspepsia, hemorrhoids, and diseases of the urinary organs.

Salt Spring, for obstinate constipation, diseases of the liver, congestion, hepatic colic, congestion of spleen, kidneys, &c.

This spring, possessing no distinctive flavour, is the only laxative mineral water which, taken together with wine at mealtimes, cures cases of constipation of the most stubborn kind.

The waters of the two springs are exported in large quantities all over the world.

Season : From 25th May to 25th September

Post and telegraph office in one of the pavilions by the springs, splendid casino, theatre, pigeon shooting, also other sports.

Hydropathic treatment and massage.

The establishment is situated on high ground, overlooking the valley, at some distance from the town, and in the midst of lovely scenery.

Doctors : Patezon ; Bouloumié ; Paul Rodet, author of the "English Guide to Vittel," which is sent by the Société des Eaux de Vittel to all persons on application. Agents : London, Gallais, 90, Piccadilly, and 27, Margaret Street, W.; and at Paris, Central office, 16, Rue de Hanovre, Rue du 4 Septembre.

Grand Hotel in the park of the establishment, communicating with the casino, and adjoining the springs, owned and managed by the "Société des Eaux." Fine building, with every comfort ; English spoken.

Vitznau.—Switzerland, Lucerne ; steamboats from Lucerne.

Climatic air station.

Doctor : Dr. Rappaz.

Vizella.—Portugal, province of Minho, five miles from Guimaraes.

Chalybeate and sulphurous waters, 110° F.

Season : June—September.

Special indications : Skin diseases, gout, scrofula, rheumatism, old sores.

The establishment is situated in an extensive park, and is well arranged, and the town is held in much favour. The scenery is grand.

Voltaggio.—Italy, province of Novi, on the Morcione.

Sulphurous waters, 70° F.

Formerly very celebrated, and much visited.

Vöslau.—Austria, province of Lower Austria, one hour from Vienna by rail. 700 feet above sea level. For routes, see table.

Indifferent waters 75° F. ; cold and warm baths ; whey and grape cure ; climatic station ; hydropathic establishment.

Season : 15th May—30th September ; grape cure, September and October.

Special indications : Female affections ; hysteria, nervous complaints, anæmia, disorders of the lower intestines, convalescence after prolonged illness.

The annual list of strangers shews over 4,000 visitors.

Vöslau is a very favourite spot with the Viennese (who are not included in the above number), on account of its remarkably pure and healthy air, and charming situation on the vine-clad slopes of the Vienna forest. The waters of its springs belong to the class of "Acrato Thermæ."

The bathing appliances consist of three large swimming baths, with douches and shower baths, open alternately to ladies and gentlemen. Warm and tepid waters are supplied in wooden and deep earthenware baths. Brine, resinous and extract of pine-cone baths are likewise to be had.

The characteristics of Vöslau as a "*climatic station*" are a charming, healthy and picturesque situation on the well drained borders of the "Viennese Forest," extensive pine woods by which the town is surrounded, and last, but not least, vine-clad hills. From these latter comes its celebrated grape cure in autumn.

The **Curhaus** contains large concert rooms, billiard, card and reading rooms; balls and private theatricals are also given. The orchestra plays three times daily—in the morning at the baths, and in the afternoon and evening in front of the Curhaus.

The environs of Vöslau are noted for their attractive walks and drives. The forest begins, so to speak, in the very town, and is intersected by innumerable walks, roads and paths. In fact everything is arranged in such a way as to make a sojourn here as pleasant as possible. The constant return of visitors who have once passed a season here, is the best evidence that the authorities have succeeded in their endeavours to please.

Villas and private apartments to suit all tastes and purses.

Doctors : Drs. Venninger and Krischke.

Hotels : *Hôtel Hallmayer, Back, Comunal and Tügerhorn.*

Volterra.—Italy, Tuscany, valley of the Cecina.

Saline waters and brine baths.

The establishment is incomplete and the situation barren.

Voltri.—Italy, on the Riviera di Ponente, near Genoa.

Sulphurous waters, 70° F. Little used.

Vonitza.—Greece, south of Gulf of Arta.

Saline waters, 90° F.

There is no accommodation, and the country around being flat and swampy, the place is little visited.

Vrécourt.—France, Department of Vosges, near Neufchâteau.

Sulphate of soda waters.

Wachenheim.—Germany, Palatinate, near Dürkheim.

Grape cure station.

The accommodation is good and moderate in price.

Doctors : Drs. Schmidt and Wolf.

Wäggithal.—Switzerland; station at Sieben; 2,000 feet above sea level.

Health resort.

Waid.—Switzerland, St. Gall.

Climatic health resort.

Doctor : Dr. Dock.

Waidhaldenbad.—Switzerland, near Basle and Rheinfelden ; 1,340 feet above sea level.

Whey cure station.

The accommodation is good.

Waldbad.—Germany, Würtemberg, near Kloster Weingarten.

Inert waters.

There is a small bathing establishment.

Waldhaus-Flims.—Switzerland.

Health resort.

Doctor : Dr. Boner-Malans.

Waldstadt.—Switzerland, near Appenzell ; 2,410 feet above sea level.

Earthy ferruginous waters.

The bathing establishment is built of wood, but affords good accommodation.

Wallenstadt.—Switzerland, St. Gall.

Small health resort.

Doctors : Drs. Ramer and Blumer.

Walton-on-the-Naze.—England, Essex, near Harwich.

Sea baths, good beach ; climate bracing and healthy.

Doctors : Drs. Dawson and Smythe.

Hotel : The *Albion*.

Walzenhausen.—Switzerland, Appenzell.

Health resort.

Doctor : Dr. Hoechner.

Wangeroog.—Germany, Oldenburg, an island in the North Sea.

Sea baths, sandy beach ; climate bracing and healthy.

Doctor : Dr. Winner.

Warasdin-Töplitz (Kroatic-Toplitz).—*See TÖPLIKA.*

Warmbad.—Germany, Saxony, near Wolkenstein ; 1,500 feet above the sea level.

Indifferent waters, 85° F., and climatic air station ; whey cure.

The place is surrounded by pine and fir forests.

Doctor : Dr. Kay.

Warmbrunn.—Germany, Silesia, near Hirschberg ; 1,034 feet above sea level.

Indifferent, slightly sulphurous waters, 90° to 100° F.

Special indications : Rheumatism, paralysis, and affections of the respiratory organs.

One of the oldest of Silesian bathing-places. The scenery is

very picturesque, and the gardens, parks, &c., are scrupulously kept.

Establishments efficient and accommodation comfortable.

Doctors : Drs. Franz and Forschner.

Hotels : *De Prusse*, *Thomas*, *Victoria*.

Warm Springs.—United States of America, Arkansas.

Thermal springs, used against rheumatism by the Indians.

Warm Springs.—United States of America, Georgia.

Thermal waters, 80° F.

A well-frequented station.

Warm Springs.—United States of America, Virginia Bath Co.

Thermal effervescent alkaline waters, containing magnesia and chloride of lime.

A very well-appointed establishment, and much frequented.

Warnemünde.—Germany, Mecklenberg-Schwerin, near Dobberan, on the Baltic sea coast.

Sea baths. Very much frequented ; a first-class station.

The establishments and accommodation are excellent and very comfortable.

Doctors : Drs. Uterhard and Mahn.

Hotel : *Kurhaus*.

Warnicken.—Germany, Prussia, on the Baltic.

Sea baths, fine sandy beach.

The situation is very fine, and the country around picturesque and romantic, with luxuriant vegetation.

Warrenpoint.—Ireland, county Down, close to Rostrevor (which see).

Sea baths, pebbly beach ; pure and healthy air.

Season : June—September.

Doctors : Drs. Douglas, Bell, Connor and Moore.

Hotel : *The Crown*.

Wartenberg.—Austria, Bohemia, near Königsgrätz.

Hydropathic establishments, climatic station in summer.

The country around is very charming.

The establishments, walks, gardens and parks are well kept, and residence is very pleasant.

Doctor : Dr. von Schlechta.

Wassacherberg.—Germany, Württemberg ; 1,700 feet above sea level.

Effervescent ferruginous waters.

The establishment is thoroughly well fitted up.

Watchet.—England, Somersetshire.

Sea baths ; bad beach ; climate pure and bracing.

Season : June—September.

Wattenweiller.—Germany, Alsatia, near Belfort.
 Bicarbonate of iron waters. Mud baths.
Special indications: Chlorosis and anæmia.

Wattwyl.—Switzerland, Canton of St. Gall.
 A whey cure station.

There is a drink-hall, with a variety of natural mineral waters, which can be mixed with the milk.

Weesen.—Switzerland, on the line from Zurich to Coire.
 Climatic air station.

Near here are *Amden*, *Murg*, *Wallendstadt*, and *Weislannen*, where various cures, such as grape, milk, whey, &c., are carried out.

Doctors: Drs. Fulliman and Schneider.

Weggis.—Switzerland, Lake of Lucerne; 1,350 feet above sea level; 1,500 inhabitants.

Climatic station; whey cure.

The situation is picturesque and sheltered, on the south bank of Lake of IV. Cantons between Lucerne and Vitznau, it is a good point of departure for excursions. Exceedingly quiet.

Near Weggis is *Lützetan*.

Doctors: Drs. Goerig and Scholingen.

Hotel: The *Hôtel and Pension du Lac*.

Weilbach.—Germany, Nassau. For routes see table.

Sulphurous alkaline iodurated waters.

Special indications: Catarrh of the respiratory organs.

A well-appointed bathing establishment.

Doctor: Dr. Wiebel.

Hotel: *Kurhaus*, and Dependencies.

Weinheim.—Germany, Baden, near Heidelberg.

Climatic air station, hydropathy and grape cure.

Doctors: Drs. v. Baba and Schellenberger.

Weissbad.—Switzerland, Canton of Appenzell; 2,524 feet above sea level.

Cold bicarbonate of lime waters.

Whey cure; good arrangements; fine situation.

Near Weissbad is *Schwendi*, a climatic air station.

Doctor: Dr. Zurcher.

Weissenburg.—Switzerland, Canton of Berne, near Thun.

Alkali-saline waters, 50° F. Sedative action.

Special indications: Pulmonary catarrh, chronic bronchitis.

The bathing establishment and the accommodation are good.

Doctors: Drs. Huguenin and Enderlin.

Weissenstein.—Switzerland, near Solothurn, in the Jura mountains ; 3,950 feet above sea level.

Whey cure, fine situation, in a picturesque country.

In the neighbourhood are *Balmberg*, *Bains de Fluelen* and *Mariastein*—all health resorts.

Doctor : Dr. Bott, from Soleure.

Weisser-Hirsch.—Germany, Saxony, near Dresden, and above Loschwitz.

Climatic air station and hydropathic establishment.

Turkish and Russian baths ; whey and milk cure.

Very fine walks and drives in the environs.

Doctors : Drs. Glass and Weidner.

Wells-next-the-Sea.—England, Norfolk.

Sea baths, good sandy beach.

Season : June—September.

Doctors : Drs. Long and Whellock.

Hotel : The Crown.

Wemyss-Bay, and Skelmorlie.—Scotland, Renfrewshire, latter in Ayrshire.

Hydropathic establishment. Sea baths, good beach.

Climate healthy and air pure.

Season : July—September.

Doctor : Dr. Currie.

Wengibad.—Switzerland, Zurich, near Affoltern.

Carbonate of lime waters.

Doctor : Dr. Hegetschweiler.

Wenzelsbad.—Austria, Bohemia, near Tschawitz and Komotau.

Alkali-saline waters, 65° F.

The bathing establishment is good, though small.

Wernigerode.—Germany, Prussia, in the Harz mountains ; 7,500 inhabitants, and 800 feet above sea level.

Climatic air station.

Doctors : Drs. Hannes and Heike.

Westerland-Sylt.—Germany, on the west coast of Schleswig.

Sea baths ; sandy beach with heavy surf.

The establishments are good, accommodation is comfortable and moderate in price.

Doctors : Drs. Martini and Wegele.

Westgate-on-Sea.—England, Kent, adjoining Margate (which see).

Sea baths ; firm sandy beach ; bracing air.

Season : June—September.

Doctor : Dr. Flint.

Hotel : Royal.

Weston-super-Mare.—England, Somersetshire, near Bristol.

Sea baths ; bad beach ; pure and bracing air.

Season : May—October ; but principally July—September.

Doctors : Drs. Martin, Alford, Blundell, Rossiter, and many others.

Hotels : Bath and Atlantic.

Westward Ho.—England, Devonshire, near Northam Burrows.

Sea baths; sandy beach. Climate bracing, and air pure.

Season : June—September.

Doctor : Dr. Gooding.

Hotel : The *Westward Ho* !

Weymouth.—England, on the Channel coast, near Portland.

Sea baths, firm sandy beach, with mineral water springs in the neighbourhood. The headquarters of Royal Dorset Yacht Club.

Doctors : Drs. Moorhead, Lush, Simpson, and many others.

Hotels : *Burden* and *Royal*.

Whitburn.—England, Durham, near Sunderland,

Sea baths; in the environs are several mineral springs; sandy beach; bracing climate.

Doctor : Dr. Lorely.

Whitby.—England, Yorkshire.

Sea baths; level sandy beach; climate bracing.

Season : June—September.

Doctors : Drs. Grainger, Mead, Wilson, Stonehouse, Tidswell, Moss, and several others.

White Sulphur Springs.—United States, Delaware.

Sulphurous and ferruginous waters.

White Sulphur Springs.—United States, Virginia, Grembrier Co.

Sulphurous waters.

A much-frequented station.

Resorted to by invalids, but not to the same extent as by pleasure-seekers.

Wieliczka.—Austria, Galicia, near Cracow.

Saline waters, 139 grammes of mineralisation, of which 137 grammes are chloride of sodium; brine baths.

Special indications : Scrofula.

The establishment is thoroughly well fitted up.

Wiesau.—Germany, Bavaria.

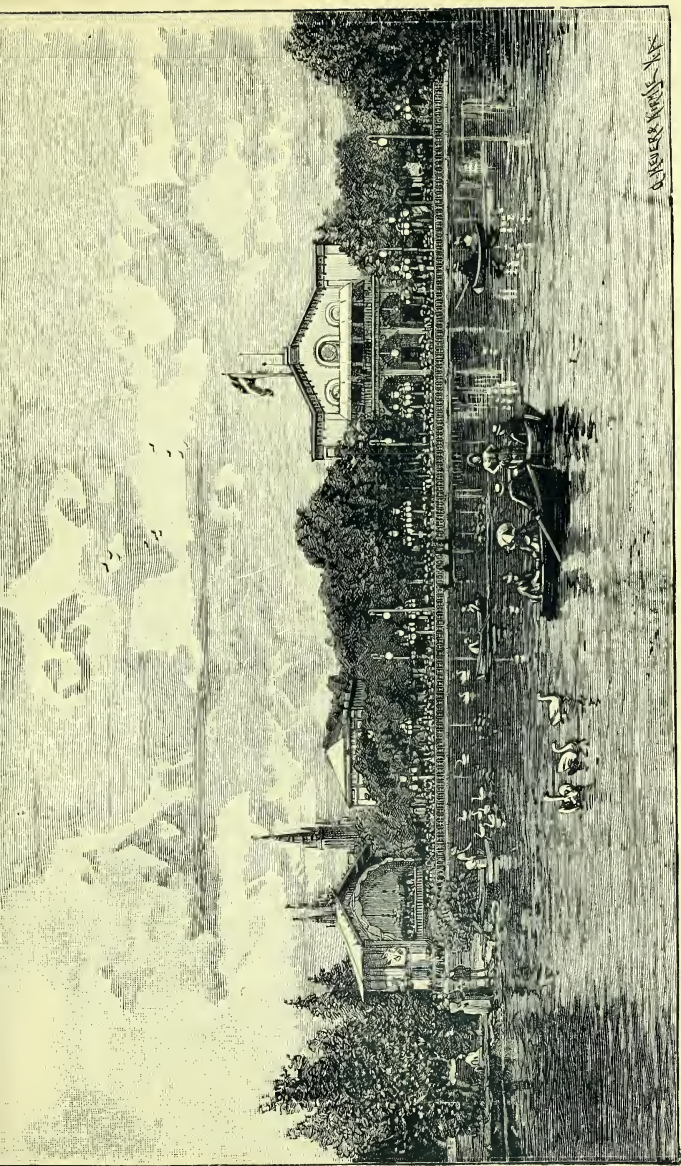
Two effervescing ferruginous springs, analogous to the Pyrmont waters.

Doctor : Dr. Bauwers.

Wiesbaden.—Germany, Hessen-Nassau, capital of district of same name. 70,000 inhabitants; 380 feet above sea level. For routes see table.

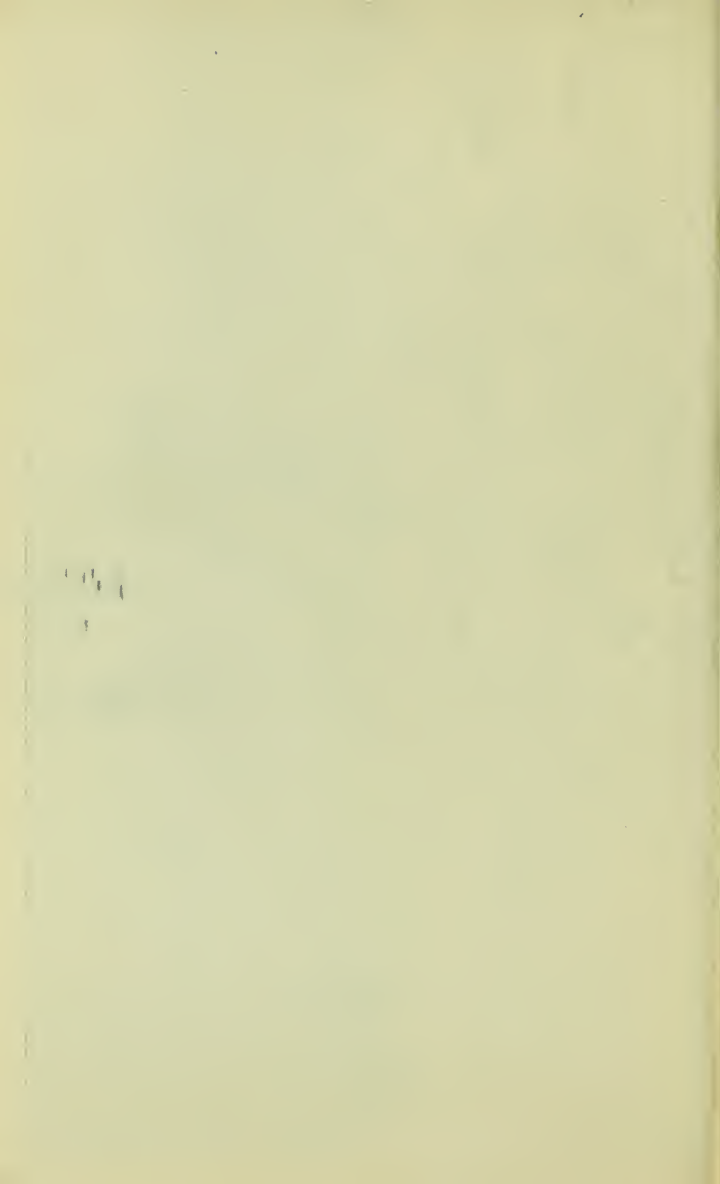
Alkaline-saline waters, 144° F.

The waters of Wiesbaden are spoken of by Pliny, to whom their virtues were known. There are several springs—the Kochbrunnen, Adlerquelle, the Schutzenquelle, &c. In 1,000 parts weight the former contains seven parts chloride of sodium, and appreciable quantities of the chloride of potash, lithium



Wiesbaden, 1874

CURGARTEN, WIESBADEN.



and calcium, bromide and iodide of sodium, and the carbonate of lime and magnesia. The latter contains fewer solid ingredients, sulphate of lime and chloride of lithium excepted. The city is sheltered by the Northern and Western heights of the Taunus range; its climate favourably compares with other continental cities. The drainage of the town is made a special feature, and costs the inhabitants £10,000 a year. It is a favourite place of residence for retired officers, merchants, &c., who reside in well-built detached villas. There are no manufacturing nor smoky chimneys in Wiesbaden. There are various bathing establishments, in which may be found 900 baths, consisting of pine cone, mud, steam, swimming, mineral, electric &c., of all descriptions, and hydropathic institutes are organized for the poor, and for invalid and wounded soldiers. Three hundred gallons of hot mineral water flow into the town every minute; the treatment is carried on during the whole year; the winter is unusually mild. The Kochbrunnen spring is located in a pump-room in a well-kept garden, where a splendid band plays every morning at eight o'clock, the fashionable time for taking the waters. There are four celebrated hydropathic establishments in the vicinity—the Königen Augustabad, Dietenmühle, the Nerothal, and the Lindenhof; in them various varieties of treatment are practised. The grape cure is also practised. Wiesbaden can boast of several physicians and surgeons of eminence; amongst them might be mentioned Dr. Wibel, of 9, Taunus Street, and Dr. Arnold Pagenstecher. Dr. Hopprath Pagenstecher, the celebrated oculist, resides at 59, Taunus Street; his reputation is world-wide. The town is beautifully laid out, and kept scrupulously clean; there are some magnificent trees in the centre of the town, and a well-kept "Rotten Row" under a splendid avenue of regularly planted trees. The pavements are asphalte, and by using the Wellsbach light for street illumination the streets are usually well lighted, and only a small quantity of gas consumed. There are covered promenades for those wishing to exercise in wet weather. The subscription for one year is 30 marks, with a reduction for supplementary tickets. Foreign physicians obtain free tickets. These tickets confer many privileges on those purchasing them. The Kursaal is open all the year round. The Kursaal band numbers 50 performers, and is conducted by a musician of eminence. There are three theatres, also museums, picture galleries, and art collections. Concerts, in which leading artistes perform, are frequently held. One hundred thousand visitors come to Wiesbaden annually. Hunting, shooting and fishing can be had in the suburban districts. There are football,

tennis, and croquet grounds open to visitors. Schwalbach and Schlangenbad are both within walking distance. There are churches of many denominations. The Kursaal is one of the finest in Europe, the gardens are beautifully laid out and kept. There are boats on the lake, frequent concerts, balls, firework displays, &c., during the summer season. House rent is cheap at Wiesbaden, and those wishful to live *en pension* can do so at a moderate rate. The population is now 70,000, and increases every year. Visitors intending to visit Wiesbaden should apply to the Kur Direktor, Mr. F. Hey'l, for the official guide to Wiesbaden. Mr. Häffner, the proprietor of the Hotel Rose, has published a beautiful guide, written by Mr. Hey'l, which contains maps of the town and vicinity; it has now passed through three editions, and as a guide may be quoted as a model of what such a work should be, as it goes into the most minute details of interest—medical, geological, scientific, historical, geographical and otherwise. Mr. Häffner's hotel is as perfect as is his guide, and is always well patronized by English visitors. The Vier Jahreszeiten Hotel (Four Seasons), kept by Mr. W. Zais, is in a splendid position near the Kursaal, and opposite the theatre; it has its own mineral spring, and contains 20 well-fitted bath rooms; it has 120 bed rooms with front views, and the skilful manner in which it is managed always brings for it an unusual share of patronage. The best time to visit Wiesbaden is May, June and August. Dr. Emil Pfeifer's work, "Wiesbaden as a Health Resort," published by J. F. Bergmann, of Wiesbaden, has gone through four editions; and intending visitors requiring treatment should study it. Dr. T. R. Robertson has written a book on Wiesbaden, published by Churchill, of London; also Dr. M. Kraus has written upon gout treated by the waters, published by Schellenberg, of Wiesbaden; and there are eighteen other works published in German, a list of which is contained in the official guide. Mr. Hugh Schroeder, of 3, Weber Gasse, is a photographer selling splendid local views; and at Mr. Otto Mendelssohn's shop, at 24, Wilhelmstrasse, may be seen a large collection of goods "made in Germany" sold at ridiculously cheap prices.

Special indications : Gout, catarrh of the stomach and intestines, rheumatism, arthritis, and diseases of the respiratory organs.

English Church : Frankfurterstrasse.

Post and Telegraph Office : Rheinstrasse No. 9.

Dentist : Dr. Hofmann, Nerothal 4.

Doctors : Drs. Cohn, Ricker, Wibel, E. Pfeiffer, Ziemssen, Pagenstecher, Mordhorst, Clouth, and 100 others.

Hotels : The *Four Seasons Hotel* and Baths (*Vier Jahreszeiten Hotel*) is a first-class establishment, situated in a fine open position facing the Kursaal, Theatre Square, and the Park Promenades. W. Zais, proprietor. *See advt. at end.*

The *Hôtel Rose*, excellent hotel, with baths and all comforts. H. Häffner, proprietor. *See advt. at end.*

The *Hôtel and Bains de Nassau*.

Wiesen.—Switzerland, Grisons, near Davos; 4,300 feet above the sea level. Climatic air station; whey cure.

Doctor : Dr. Obermatt.

Wiesenbad.—Germany, Saxony, near Annaberg.

Bicarbonate of soda waters, 50° F. Climatic air station.

Special indications : Neuropathic conditions, female diseases, and calculus.

Doctor : Dr. Böhm.

Hotel : *Kurhaus*.

Wiesloch.—Germany, Baden, near Langenbrücken.

Sulphurous waters, not used.

Doctors : Drs. Muller and Steffens.

Wildbad.—Germany, Würtemberg, Black Forest, in the Enz Valley 600 inhabitants; 1,320 feet above sea level. For routes, see table.

Indifferent waters from 80° to 95° F.; whey and milk cure; climatic air station.

Season : 1st May to 1st October, but open all the year round.

Number of Visitors : At any given time about 1,200, but more than 8,000 during the season.

Special indications : Uric acid diathesis, gout, rheumatism, neuroses, all affections of the spinal chord, neuralgia, hyperaesthesia, anæsthesia, cramps, partial and general paralysis, ankylosis, debility from overwork (mental or bodily), convalescence, scrofula, rachitis, chronic derangements of the digestive organs, catarrh of the respiratory and urinary organs; female complaints, fractures and laxations.

The town is situated in a very picturesque valley of the Black Forest, through which passes the Enz, a clear mountain stream. Wildbad is surrounded by mountains, clad with pine forests, which protect it from high winds, and at the same time renders the air buoyant and bracing in ozone, a very fortifying quality.

The environs and the scrupulously well-kept garden and parks offer great variety of promenades and excursions.

The climate is very strengthening and stimulating. The atmospheric changes are never rapid. The mean temperature in summer is 65° F. The nights are rather cool, which is considered an advantage.

The bathing establishments are replete with every modern appliance, and afford every comfort.

The amusements are well provided for, and an orchestra plays three times a day. There is also a good theatre. Curtax for each person for the season, 10 shillings. Good fishing and hunting.

English Church : Rev. W. Ludlow, M.A.

Post Office : In the *Hotel Frey*.

Telegraphic Office : In the railway station.

Bank and Exchange : Klumpp and Gewerbebank.

Dentist : Partik.

Chemist : Umgelter.

Doctors : Drs. Von Renz, Inspector of the Baths ; Waeckter, Haussman sen., and Haussman jun., De Ponte, and Denk.

Hotels : *Royal Baths Hotel*, Klumpp ; the *Belle Vue Hôtel*.

Wildegge.—Switzerland, canton of Argau. For routes see table.

Saline iodo-bromurated waters used at Schinznach.

Special indications : Lymphatic affections and scrofula.

Wildhausbad.—Switzerland, Canton St. Gall ; 3,430 feet above sea level.

A whey cure station ; sulphurous spring, not used.

The establishment is good.

Wildungen.—Germany, Waldeck, near Waldeck and Cassel. For routes see table.

Cold alkaline ferruginous waters.

Special indications : Diseases of the genito-urinary organs, and dyspepsia.

Nature and art have made of Wildungen a very charming place, and residence there is very pleasant.

Doctors : Drs. Marc, Röhrig and Severin.

Hotels : *Post*, *Waldeck*.

Wilhelmsbad.—Germany, Hesse-Nassau, near Hanau.

Cold chalybeate waters.

Special indications : Scrofula, anæmia, female complaints.

Wilhelmsbad.—Germany, Saxony, near Aschersleben.

Brine baths.

The establishment is incomplete.

Wilhelmsbad.—Germany, Silesia, near Ratibor.

Cold sulphurous waters.

The establishments are good, the accommodation comfortable and moderate in price, and the scenery very picturesque.

Willmanstrand.—Russia, Finland.

Hydropathic establishment, well fitted, good accommodation.

Splendid summer climate.

Near by are the Imatra Falls, the largest waterfall in Europe.

Doctor : Dr. Buch.

Willoughby.—England, Warwickshire, near Rugby.

Sulphurous and saline waters.

Climate healthy.

Season : June—September.

Wimmis.—Switzerland, Berne.

Health resort.

Doctor : Dr. Schmidt.**Wimpfen.**—Germany, Hessen-Darmstadt, on the road from Heidelberg to Heilbronn.

Saline water, brine baths.

The establishment is good, and the scenery picturesque.

Doctor : Dr. Geiger.**Windermere.**—England, Westmorland, Lake District.

Summer air cure station, and holiday resort.

Doctors : Drs. Hamilton, Brooksbank, Clegg, Dobson, and Mason.*Hotel* : *Rigg's*.**Windsor Forest.**—England, Berkshire.

Sulphate of magnesia and soda effervescing waters ; 8 grammes of mineralisation. Laxative action.

Winterbach.—Germany, Württemberg, near Stuttgart ; 766 feet above sea level.

Sulphurous waters.

The establishment is good, the accommodation abundant and comfortable, and the scenery charming.

Wipfeld.—Germany, Bavaria, near Kissingen.

Cold sulphate of lime waters ; mud baths.

The establishment is sufficiently good.

Withernsea.—England, Yorkshire, near Seathorne.

Sea baths ; shingly beach ; climate bracing.

Season : July—September.*Hotel* : *The Queen's*.**Wittekind.**—Germany, Prussian province of Saxony, near Halle.

Brine baths, Russian and sulphurous baths.

The establishment is thoroughly well fitted up, and is very comfortable and elegant. The gardens are very beautiful, and admirably laid out. The situation is charming.

There is a casino, with assembly, concert, ball, and reading rooms.

Doctor : Dr. Græfe.**Wolfach.**—Germany, Baden, in the valley of the Kinzig ; 875 feet above sea level. *See* map at end.

Cold ferruginous waters.

Wolfach is better known for its pine-cone sap baths and resinous inhalations, than for its ferruginous spring.

Doctors : Drs. Kurz and Moser.**Wolfs.**—Austria-Hungary, near Oedenburg, on the Lake of Neusiedel.

Earthy alkaline sulphurous waters.

The establishment might be improved.

Wolfsanger.—Germany, Hessen-Nassau, near Cassel.

Climatic air station and hydropathy; whey cure, resinous baths.

Doctor : Dr. Wiederhold.

Wolfsegg.—Austria, near Linz.

Alkaline waters.

The establishment is old-fashioned.

Woodhall Spa.—England, Lincolnshire; three hours from London and one hour from Lincoln.

Saline bromo-iodine waters; very rich in iodine. Douches, sitz, steam and shower baths, and inhalations. Recommended for people who cannot reside near the sea.

Special indications : Rheumatism in all its forms, gout, sciatica and neuralgia, scrofula, rickets and glandular affections, tumours and diseases peculiar to women, chronic skin diseases, goitre and congestions of the liver and spleen.

A large new bath-house and pump-room have been erected, with every convenience for shower, lave and douches, as found in the largest and most fashionable Continental spas. Rooms are also provided for inhalation and respiration, and the natural vapour from the mineral water can be applied either wholly or locally.

Medical Superintendent : Dr. C. J. Williams.

AMUSEMENTS : Besides the numerous walks and drives in the beautiful park and adjoining woods, and the very interesting old ruins existing in the neighbourhood, tennis courts, an archery ground and bowling greens afford amusements for visitors, whilst a first-class band will play during the summer months. A golf club has been formed, and the links are in excellent order, and close to the hotel and baths.

The *Alexandra Hospital* is now open to all comers, on presentation of subscriber's order.

The *Victoria Hotel*, adjoining the Baths, heated throughout, and replete with every comfort; for terms apply to the Manager. Baths of the Mineral Water can now be obtained in this hotel.

Wörth.—Germany, Bavaria, near Regensburg.

Effervescent ferruginous waters.

No establishment and very imperfect appliances.

Doctors : Drs. Brand and Sadoul.

Worthing.—England, Sussex, near Brighton.

Sea baths; hard sandy beach. Climate mild.

Season : July—October.

Doctors : Drs. Collet, Atkey and Hinds.

Hotel : Egremont, Burlington, Marine.

Wyk.—On the Island of Föhr, in the Baltic; steamboat from Husum.
Sea baths, much frequented, sandy beach; climate mild.
The bathing arrangements are very good.
Doctors: Drs. Gerber and Hitscher.
Hotels: *Kurhaus, Redlefsen.*

Wyk aan Zee.—Holland, 1½ hours from Amsterdam, on the North Sea.
Sea baths. Sandy beach. The surf is strong.
Season: 15th June—1st October.
Hotel: *The Hôtels Reunis.*

Yarmouth.—England, Norfolk. *See* GREAT YARMOUTH.

Ydes.—France, Department of Cantal, near Maüriac.
Cold mineral waters. Strong saline, sulphurous arsenical, effervescing.

Source: *Saint Martin.*

The only existing mineral water naturally effervescing with purgative effect.

Special indications: Gastric complaints, constipation, congestion, &c.; especially suitable for people of sedentary disposition.

Source: *Saint Georges.*

Special indications: Strongly aperient and digestive. For diseases of the stomach and digestive organs, circulation of the blood, lymphatism, scrofula and obesity.

The water can be sent to the patient's residence if necessary for treatment. All information will be given on receipt of stamped application, by Mr. A. Chassan, Director and Proprietor, at Saignes, Ydes (Cantal).

Yeste.—Spain, province of Albacete.
Sulphurous cold waters.

Special indications: Skin diseases, hysterics, rheumatism, ophthalmia, leucorrhœa.

Yeuzet.—France, Department of Gard.
Sulphurous waters.
The establishment is good.

Yport.—France, Department of Seine Inférieure, *viâ* Fécamp.
Sea baths, sandy beach.

Yverdon.—Switzerland, Canton of Vaud.
Mixed bicarbonate waters, 55° F.

Special indications: Affections of the pulmonary and vesical mucous membranes.

Very agreeably situated, salubrious climate, and well-organized bathing establishment.

Doctor: Dr. Mermod.

Zaffarano.—Italy, Sicily, at the foot of Ætna.
Effervescent ferruginous waters.
No arrangements.

Zagwera.—Russia, Caucasus, near Borschom.

Alkaline ferruginous waters. Exported.

No establishment; owing to insufficient communication the place is not visited.

Zaisenhausen.—Germany, Baden, near Carlsruhe.

Cold sulphate of lime waters, with slightly laxative action.

Establishment incomplete.

Zajzon.—Austria, Hungary, Transylvania, near Kronstadt; 1,790 feet above sea level.

Ferruginous iodurated waters. Good accommodation. Very changeable climate.

The establishments are ample and much frequented.

Zakopane.—Austria, Galicia, in the Tatra.

Climatic air station, hydropathic and whey cure.

Doctor: Dr. Ganczawski.

Zaldivar.—Spain, province of Biscaya, near Durango.

Sulphate of lime waters, 50° F.

Special indications: Skin diseases, scrofula, leucorrhœa, chronic ulcers, caries necroses, white swelling.

The site is very picturesque and well sheltered. The establishment and hotel form different buildings. Both are surrounded by large parks with extensive woods. The establishment is fitted with all modern appliances, and the hotel is comfortable.

Doctor: Dr. Castañon.

Zandvoort.—Holland, near Haarlem.

Sea baths, sandy beach, climate bracing.

The arrangements are good. Accommodation abundant and comfortable, but rather dear.

Hotel: *Villa Maris*.

Zante.—Greece, Ionian Islands.

Possesses a sulphurous and saline spring, which contains petroleum and bitumen.

Zanyka.—Austria, Hungary, comitat of Bereg.

Ferruginous waters.

No establishment.

Zaraus.—Spain, on the Cantabrian coast, near San Sebastian.

Sea baths. About 7,000 visitors yearly.

Hotel: *Grand*.

Zaraùz.—Spain, province of Guipuzcoa, near San Sebastian.

Sea baths, strong surf, and very fine sandy beach.

The place is very fashionable and society very select.

Zavelstein.—Germany, Baden, near Teinach; 1,800 feet above sea level.

A whey cure station; well appointed.

Zea.—Greece, island in the Archipelago.
Alkaline waters; used in primitive fashion.

Zegiestow.—Austria, Galicia, district of Landec.
Ferruginous waters.
Doctor: Dr. Szczepkanski.

Zerbst.—Germany, Saxe-Anhalt, near Dessau.
Effervescent ferruginous waters.
The establishments are good.
Doctors: Fiedler and Lippold.

Zermatt.—Switzerland, Canton Valais; 5,315 feet above sea level; on Jura and Simplon Railway—change at Viège.
Climatic station; with bracing climate.

The scenery is very grand. The place is secluded, but is a good centre for excursions. The situation is one of the best wooded and most picturesque in the Swiss Alps. Zermatt is now reached from Visp by railway, the journey taking about 2 hours and 40 minutes, a great improvement upon the old mule path and carriage track. Near Zermatt are the Riffelalp, Riffelberg, the Gorner Grat; among the surrounding mountains are the Matterhorn, Breithorn, Weisshorn, Monte Rosa, &c., all of which can be climbed from Zermatt.

Madame Vve. Seiler, proprietress of the following hotels, is unceasing in her endeavours to render every assistance to all who visit the locality.

Doctor: Dr. de Courten.

Hotel Cervin, 180 rooms, first hotel on entering Zermatt.

Hotel Monte Rosa, 70 rooms.

Hotel Zermatt, 130 rooms.

The *Hotel Seiler*, at Riffel Alp, 2½ hours distant, 150 rooms.
For all information, address Madame Vve. Seiler. *See advt. at end.*

Zimmerwald.—Switzerland, Canton Berne; 3,000 feet above the sea level.

Climatic air station.

Near here is *Thalgutbad*, 1,800 feet high, where there is a mineral spring.

Zinnowitz.—Germany, on the island of Usedom in the Baltic.
Very fashionable and much-frequented sea bathing station.
Doctor: Dr. Sachse.
Hotel: *Belvedere*.

Zittau.—Germany, Saxony, Oberlausitz.
Pine-cone sap and resinous vapour baths.
The establishment is thorough and the situation romantic.
Doctors: Drs. Hansel and Waner.

Zofingen.—Switzerland.

A small town on the Olten-Lucerne line, near which are the following mineral springs: *Roemerbad*, *Bains de Geiss-hubel*, *Lauterbach*, *Unterentfelden*, *Gränichen*, and *Schwarzenburg*; they principally contain chloride of sodium.

Zögg.—Austria, Tyrol, valley of Passeyer.

Effervescent ferruginous waters.

Special indications: Gout, chronic nervous disorders, chronic skin diseases.

Zollhaus.—Germany, Hesse-Nassau, Valley of the Aar, near the Taunus mountains.

Natural mineral water springs, charged with free carbonic acid gas, and yielding about 35,000 gallons a day. The water is bottled and sold largely by the *Johannis Company*, London, whose extensive works, with pump and bottling rooms, are well worth a visit.

A concrete wall surrounds the spring down to the rock through which the water bubbles, preserving it from all contaminating influence. The large quantity of carbonic acid gas which is constantly escaping gives the spring the appearance of boiling water.

Zoppot.—Germany, near Danzig, on the Baltic.

Sea baths, much frequented by Germans and Poles. There is a thoroughly well-appointed establishment.

Doctor: Dr. Benzler and Wagner.

Hotels: *Kurhaus*, *Schulz*.

Zovány.—Austria-Hungary, Transylvania, near Szilagy-Sombyo.

Ferruginous waters.

Special indications: Chronic catarrh, blenorrhœa, disorders of the uterus, and chronic sores.

The establishment is antiquated.

Zuckmantel.—Germany, Upper Silesia, near Ziegenhals.

Hydropathic establishment.

Doctor: Dr. Anjel.

Zug.—Switzerland, Canton Zug, near Zurich; 2,967 feet above sea level.

Climatic mountain air station; whey, milk and grape cure.

Special indications: Exhaustion from mental overwork, anæmia, chlorosis, failing nutrition and asthma.

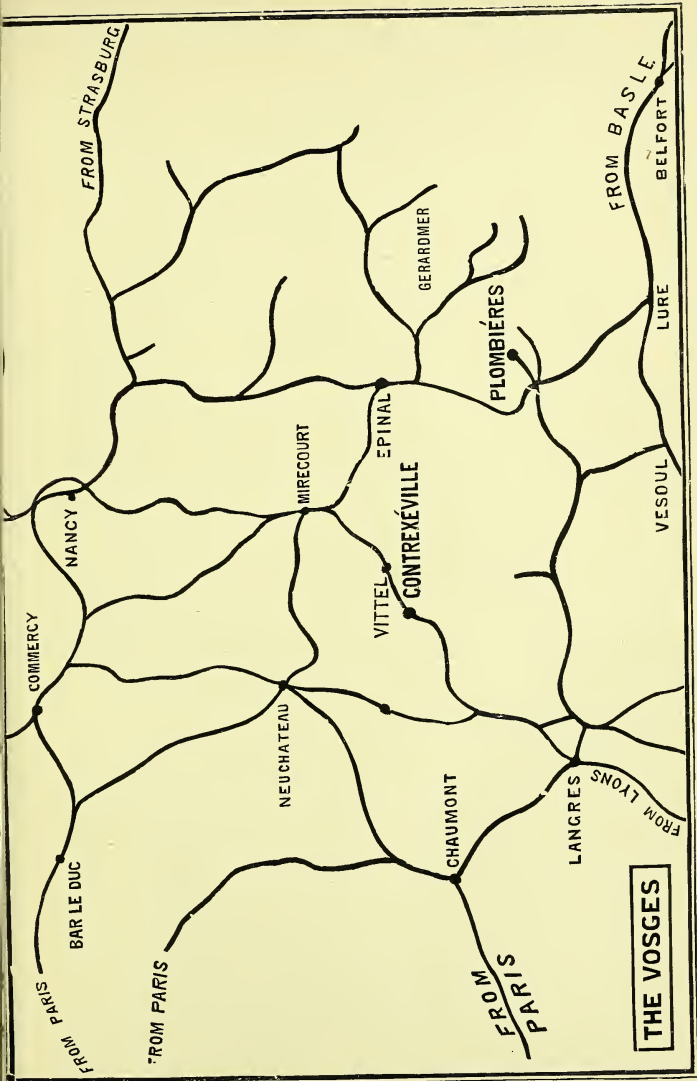
Near here are *Schönfels* and *Felsenegg*; also *Schönbrunn*, a hydropathic establishment.

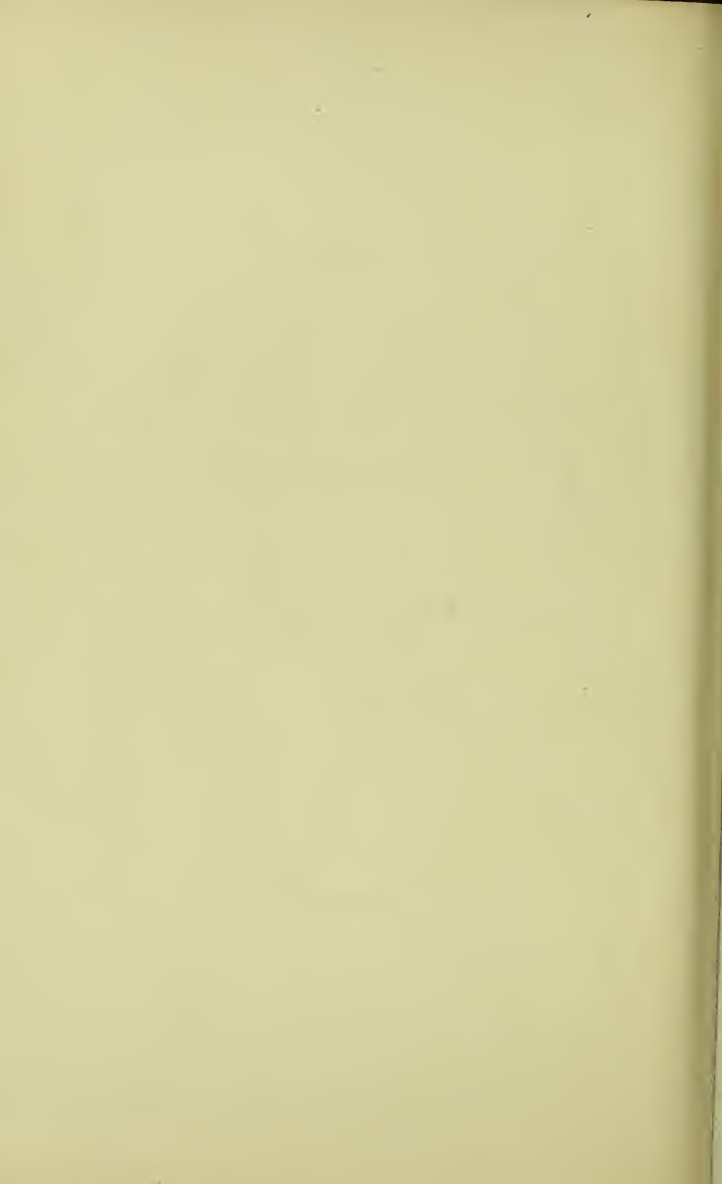
Season: May 15th—October 15th.

The situation is well sheltered, and the hills covered with pine woods. The views are very fine, embracing the Lake of Lucerne and the Bernese Oberland. The air is particularly bracing, and the sojourn, though quiet, is pleasant.

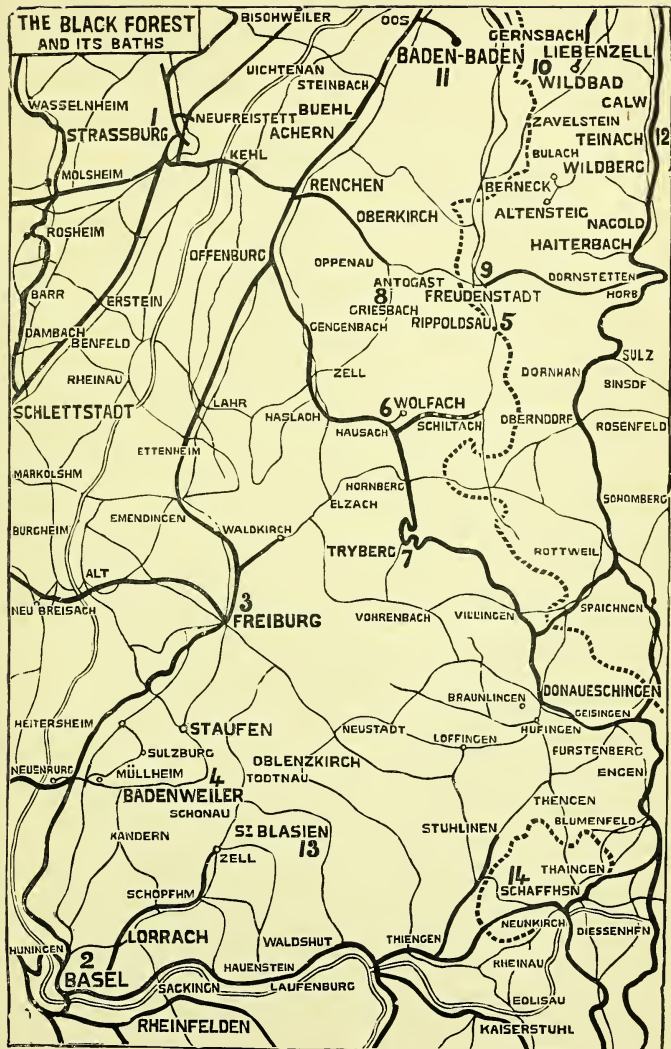
Doctors: Drs. Keiser and Steiger.

Hotels: *Hotel and Pension Schönfels*.





THE BLACK FOREST AND ITS BATHS



1. STRASBURG—"Hôtel d'Angleterre," *see* page 378
2. BASEL—"Hôtel National," *see* page 42
3. FREIBURG—"Hôtel Sommer, Zähringernof," *see* page 143.
4. BADENWEILER—"Hôtel Sommer," *see* page 34.
5. RIPPOLDSAU—
6. WOLFACH—
7. TRIBERG—"Hôtel Black Forest," *see* page 398.
8. GRIESBACH—
9. FREUDENSTADT—
10. WILDBAD—"Hôtel Belle Vue," *see* page 425.
11. BADEN-BADEN—"Hôtel de Russie," "Hôtel de France,"
see page 30.
12. TEINACH—
13. ST. BLASIEN—
14. SCHAFFHAUSEN—

Zug.—Switzerland.

Health resort.

Doctor : Dr. Juvalta.

Zujar.—Spain, province of Granada, near Baza.

Thermal sulphate of lime springs, 100° F.

Special indications : Rheumatism, paralysis, gout, articular swellings, tendinous contractions, skin diseases, old wounds and bronchial catarrhs.

The establishment contains tanks and sweating rooms, but is much neglected.

Doctor : Dr. Quesada.

Zumaya.—Spain, province of Guipuzcoa, near Zumárraga.

Sea baths with sandy beach.

Quiet and retired. Daily expense *en pension* 5 fcs.

Zürich.—Switzerland ; 1,280 feet above sea level.

Earthy alkaline waters.

There are three establishments, all equally good—the Rösli baths, the Drahtschmidli baths, and the sulphur baths.

Capital of the Canton of the same name, is a very thriving commercial town of much interest, situated at the foot of the Alps. The town and its suburbs extend from the heights of the Zürichberg to the base of the Uto. The number of inhabitants is upwards of 90,000.

OBJECTS OF INTEREST : Gross Münster, or the Cathedral ; Churches of St. Peter, St. Augustine, and Frauen Münster, Arsenal and Armoury, Cantonal buildings, Polytechnic school, University, Great Hospital and Observatory, Hall of Art and Paintings, Asylums, Library.

Near Zurich are the *La Waid* and *Uetliberg* health resorts, also the mineral springs of *Eglisau*, *Mäenhaltorf*, *Bachtel*, *Inneres Gyrenbad* and *Ausseres Gyrenbad*.

Excursions : Uetliberg, Kappel, Albisbrunn, Zürichberg, Rapperschwyl, Horden, Wadensweil, and up the lake. There are also good promenades in the town, such as Platz Promenade, Botanical gardens on the Katz Hill, Hohe Promenade, and various others.

CABS : One horse, two persons, 80 cts. ; two horses, four persons, 1 fr. 20 cts. Post and Telegraph office : Bahnhofstrasse.

Bookseller : Cesar Schmidt, Munsterberg.

Doctors : Drs. Rahn-Escher and Peters.

Hotels : *Belle Vue au Lac*, *Baur au Lac*, *National*.

Zwieselsalpe.—Austria, near Abtenau, on the Lammer.

Bitter waters. Exported.

The situation is charming. The establishments are very good, and the accommodation comfortable and abundant.

EXPLANATIONS AND TRANSLATIONS OF TECHNICAL TERMS AND PHRASES.

- Acholia*.—Absence of bile.
Amenorrhœa.—Suppression of the menses.
Anæmia.—Poverty of the blood.
Anchylosis.—Stiffening of the joints.
Aneurism.—Disease of the coats of an artery.
Angina pectoris.—A disease of the heart.
Antispasmodic.—Against spasms.
Aphonia.—Loss of voice.
Apnœa.—Difficulty of breathing.
Articular.—Concerning the joints.
Articulation.—The mechanism of a joint.
Ascites.—Dropsy of the abdomen.
Atonic.—Want of tone, debility.
Atrophy.—Lack of nourishment, emaciation.

Bacteria.—Disease germs in the blood.
Bronchi.—Air passages in lungs.
Bronchial-catarrh.—Catarrh of the air-passages.
Bronchitis.—Inflammation of the bronchi.
Bronchocele.—A swelling in the neck, "Goitre."
Bronchus.—Windpipe.

Cachexia.—An unhealthy habit of body.
Calciferous.—Lime-bearing.
Calcium.—Lime.
Carbonate.—Containing carbonic acid.
Cardiac.—Relating to the heart.
Caries.—Ulceration of bone.
Cerebral.—Relating to the brain.
Cervical.—Belonging to the neck.
Chalybeate.—Impregnated with iron.
Chlorosis.—Green sickness; disordered menstruation.
Cholagogues.—Medicines promoting a flow of bile.
Chorea.—St. Vitus's Dance.

Climacteric.—Critical period of life.

Congestion.—Undue fulness of blood vessels, lungs, etc.

Coryza.—Inflammation of the lining membrane of the nostrils.

Cutaneous.—Concerning the skin.

Cutis.—Skin.

Cyanosis.—"Blue Disease." A disease of the heart.

Diabetes.—Inordinate flow of urine containing sugar.

Diagnosis.—Recognition of a disease.

Diathesis.—Peculiar constitutional state.

Diphtheria.—A disease of throat, highly contagious.

Dipsomania.—The "drink craze."

Dislocation.—Out of joint.

Diuresis.—Flow of urine.

Diuretic.—Causing a flow of urine.

Douche.—A form of bath in which the water comes from above or the sides by mechanical power.

Duodenal.—Relating to intestines.

Dysentery.—Discharge of bowel, accompanied with bloody stools.

Dysmenorrhœa.—Difficult menstruation.

Dyspepsia.—Difficult digestion.

Dysphagia.—Difficulty in swallowing.

Dysponia.—Loss of voice.

Ecthyma.—A skin disease.

Eczema.—A skin disease.

Effusion.—Escape of a fluid from vessels within the body into other parts.

Elephantiasis.—A skin disease, accompanied with enlargement of the limbs.

Empiric.—Relating to non-orthodox practice.

Emphysema.—Distended air-cells of lung.

Empyema.—Internal collections of pus.

Endemic.—Diseases confined to special areas.

Endometritis.—Internal inflammation of womb.

Entozoa.—Intestinal worms.

Epilepsy.—Falling sickness.

Expectorants.—A class of medicines which aid in clearing the throat and chest.

Febrifuges.—Medicines which dispel fever.

Gastric.—Referring to stomach.

Granulations.—A stage in the process of healing.

Gravel.—A disease of the bladder or kidneys.

Hæmaturia.—Bloody urine.

Hæmoptysis.—Spitting blood.

Hæmorrhage.—Bleeding.

Hæmorrhoids.—Piles.

Hepatic.—Belonging to the liver.

Hernia.—Rupture.

Herpes.—A skin disease, "shingles."

Homœopathy.—A school of medicine founded by Hahnemann.

Hydatids.—Minute parasites which form collections within the human body, principally found in the liver.

Hydrocephalus.—Water on brain.

Hydropathy.—Water cure.

Hydrothorax.—Water on chest.

Hypertrophy.—Over-growth.

Hypochondriasis.—A form of melancholy.

Ichthyosis.—A form of skin disease.

Idiopathic.—Occurring without apparent cause.

Idiosyncrasy.—Individual peculiarity.

Impetigo.—A skin disease.

Influenza.—A severe form of feverish cold.

Intermittent.—Recurring at intervals.

Intus-susceptio.—Entanglements of bowels.

Iritis.—A disease of the eye.

Laryngitis.—Inflammation of the larynx.

Larynx.—Portion of the throat in which the voice is formed.

Lepra.—A skin disease.

Leucocythemia.—"White" or poor blood.

Leucorrhœa.—A white discharge in females.

Lichen.—A skin disease.

Lithic diathesis.—Abnormal sediment in urine.

Lithontriptics.—Medicine supposed to dissolve stone in the bladder.

Locomotor ataxy.—A form of paralysis.

Lumbago.—A rheumatic pain in the loins.

Lupus.—A disease like cancer.

Melæna.—Black stools.

Menorrhagia.—Excessive menstruation.

Miasma.—An infectious element in the air.

Myalgia.—Pain in muscles.

Myelitis.—Inflammation of spinal cord.

Myopia.—Shortsightedness.

Nævus.—A bloody tumour.

Necrosis.—The death of bone.

Nephritis.—Inflammation of the kidney.

Neuralgia.—A nervous pain.

Neurosis.—Nervous affection.

Nostalgia.—Home sickness.

Obesity.—Fatness.

Œsophagus.—The gullet.

Onychia.—"Whitlow," disease of finger.

Ophthalmia.—An eye affection.

Otorrhœa.—Discharge from ear.

Ovaritis.—Inflammation of ovaries.

Ozæna.—Discharge from nose.

Panacea.—A universal remedy.

Pancreas.—The "sweetbread."

Paralysis.—Palsy, loss of power.

Paraplegia and Hemiplegia.—Both forms of paralysis.

Pelvic cellulitis.—Internal inflammation of hip bone.

Percussion.—Diagnosis by means of tapping the parts.

Pericarditis.—Inflammation of heart.

Periostitis.—Inflammation of bone.

Peritonitis.—Inflammation of the bowels (peritoneum).

Pharyngitis.—Inflammation of gullet.

Pharynx.—The back part of the mouth.

Phlebitis.—Inflammation of the veins.

Phlegmasia dolens.—"White leg."

Phrenitis.—Frenzy.

Phthisis.—Consumption.

Plethora.—Full habit of body.

Pleurisy.—Inflammation of lining membrane of lungs.

Pneumonia.—Inflammation of the lung.

Polypus.—A form of tumour.

Pruritis.—Itching.

Pulmonary.—Concerning the lungs.

Rachitis.—Rickets.

Remittent.—A periodical increase or decrease of febrile action.

Renal.—To do with the kidneys.

Retinitis.—A form of inflammation of the eye.

Rheumatoid arthritis.—Rheumatism affecting cartilage.

Saccharine.—Sugary.

Sciatica.—Pain in sciatic nerve (in the thigh).

Scirrhus.—Hard cancer.

Scrofula.—A certain unhealthy condition of body, analogous to phthisis.

Stomatitis.—Inflammation of the mouth.

Styptics.—Arresting flow of blood.

Suppuration.—Discharge of matter (pus).

Syphilis.—Venereal disease.

Tubes.—Abdominal phthisis.

Tendinous.—Belonging to the tendons.

Tetanus.—Lockjaw.

Tinea.—Ringworm.

Torticollis.—Wry neck.

Trichinosis.—Flesh worm disease.

Tuberculous or *Tubercles*.—A diseased condition of the lungs or other organs, known as consumption.

Uræmia.—Poisoning by excess of uræa.

Urticaria.—Nettle rash.

Uterine.—Concerning the womb.

Uterus.—Womb.

Vaginal.—To do with female external organs of generation.

Varicocele.—Enlarged veins of scrotum.

Varicose.—Enlarged and tortuous veins.

Vesical.—Relating to the bladder.

Viscera.—Bowels and internal organs.



HOTEL

AND

BATHING ESTABLISHMENT

ADVERTISEMENTS.

(These are arranged in Alphabetical Order of Towns.)

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IMPERIAL HOTEL.

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Hotel to the Railway Station,
but removed from the din and smoke of
the Railway.**

Our Boots will be found **OUTSIDE** railing at Station, as Railway Companies permit the Boots of their own Hotel only **INSIDE** railing. No charge for removing Luggage.

BADEN-BADEN.

The most Beautiful and most Fashionable Resort in Europe.

BADEN-BADEN is unrivalled for its summer climate, deriving its special charm from its picturesque and salubrious situation among the lower hills of the Black Forest. Lovely walks and drives. International Races and Lawn Tennis. Good Fishing, Shooting, and various other Sports. Splendid Conversation House, with Concert, Ball, Reading, Restaurant and Society Rooms. Excellent Orchestra. The Establishment is open the whole year.

Hot Mineral Springs, especially efficacious for the cure of gout, rheumatism, and disorders of the stomach and liver.

NEW GRAND DUCAL BATHING ESTABLISHMENT.

“THE FREDERIC BATHS,”

AND “THE EMPRESS AUGUSTA BATHS.”

Unique for its perfection and elegance. Mineral pine, mud, and medicinal baths of every description. Perfect sanitation. Magnificent hotels and villas. Excellent educational establishments. English Church.

All information at the Bureaux of the “Cure Committee.”

HOTEL BADISCHER HOF. COUR DE BADE.

*(Not to be confounded with the Hotel, 2, Stadt Baden,
on the Railway Station.)*

First-class House of old reputation, situated on the Promenade. Large Shady Park, with Lawn Tennis, Marble Thermal Baths, Drinking Springs direct from the Original Springs. Table d'Hôte 1 and 6 o'clock. Arrangements for prolonged stay. Open the whole year.

Address—The **DIRECTION.**

BADEN-BADEN.

HOTEL D'ANGLETERRE.

Proprietor: MATHILDE LYDTIN-RIOTTE. Director: CONRAD KRÖGEL.

Large First-class Hotel of long-standing reputation.
Patronized by the highest families.

Beautifully situated in the best part, near the Promenade,
Theatre, the Conversation-House, and at the entrance of the
Lichtenthal Allée.

NEWLY RENOVATED AND CARPETED. REPLETE WITH EVERY COMFORT.

UNDER NEW MANAGEMENT.

BATHS. LIFT GARDEN. LARGE TERRACES.

ARRANGEMENTS MADE.

OPENED THE 1st MARCH, 1895.

Highly Recommended.

HOTEL VICTORIA.

Nearest the New Conversation House

AND

FREDERIC AND AUGUSTA BATHS.

Splendid Public Rooms

AND

BATH ROOMS.

Very Moderate Charges.

SANITARY ARRANGEMENTS PERFECT.

F. GROSHOLZ, Proprietor.

BADENWEILER.

BADENWEILER

(In Baden).

HOTEL SOMMER

(Formerly Hotel Karlsruhe).

FIRST-CLASS HOUSE.

Beautifully situated,

With Mineral Water Springs
(Einzelbader).

Omnibus meets principal Trains at
the Mulheim Station.

BOTH ESTABLISHMENTS HAVE LARGE DINING, READING
AND BILLIARD ROOMS.

EXCELLENT COOKING.

FINE WINES. MODERATE PRICES.

SOMMER BROTHERS, PROPRIETORS.

FREIBURG

(In Breisgau, Baden).

Hotel Sommer zum Zähringerhof.

FIRST-CLASS HOTEL,

Near the Railway Station,

Situated in the centre of a
Beautiful Garden, commanding
Magnificent View.

Badenweiler.

Hotel:

PENSION SAUPE.

~~~~~  
FIRST-CLASS HOUSE.  
~~~~~

Thermal Spring & Bath in the Hotel.

CANNES.

HOTEL BEAUSITE

AND

DE E'ESTEREL.

**300 ROOMS, beautifully
situated in the
West End of Cannes,
and surrounded by an
Extensive Garden.**

~~~~~  
**FIRST-RATE LAWN TENNIS GROUND.**  
~~~~~

**THIS HOTEL IS THE NEAREST TO
THE GOLF LINKS.**

GEO. GOUGOLTZ,

Proprietor.

CAMPFER (St. Moritz), UPPER ENGADINE.

HOTEL JULIER HOF.

FIRST-CLASS ENGLISH FAMILY HOTEL.

*Sunny, quiet, and most central position in the Lake
District for walks and drives in the Valley.*

SANITARY ARRANGEMENTS, ELECTRIC LIGHT,
HEATED THROUGHOUT.

ENGLISH CHURCH SERVICE.

Private Omnibus Service in the Forenoon in 10
minutes to the Iron Baths of St. Moritz.

BEST REFERENCES.

T. MULLER, PROPRIETOR.

CHERBOURG.

GRAND HOTEL & CASINO.

.....
Open June to October.
.....

Well situated on the Beach, with large
Park and Gardens.

PROPRIETOR : L. MERTZ.

COBLENCE.

HOTEL DE GEANT.

THIS popular Hotel is one of the most comfortable and best conducted of the Rhine Hotels. It occupies the best position in the town, being just opposite the stage from which the Rhine Steamers start, and is thus the favourite starting-place for visitors going up the Rhine or the various places of interest near, such as Ems, the Moselle, &c.

LOVELY VIEWS OF THE RHINE, EHRENBREITSTEIN FORT, &c., &c.

CUISINE EXCELLENT.

100 WELL-APPOINTED BED ROOMS; BATH ROOM, &c.

OMNIBUS MEETS TRAINS.

TARIFF MODERATE.

Full Particulars from

MR. EISENMANN, the Proprietor, free.

DIEPPE.

THE ROYAL HOTEL.

Excellently situated on the Sea front, near the Casino.

OPEN ALL THE YEAR.

LARSONNEUX, Proprietor.

DAVOS-PLATZ.

THE **GRAND HOTEL BELVEDERE,** **LIMITED.**

The Hotel *par excellence* of Davos. It is usually entirely filled with English Visitors all the Winter, who reside *en pension* on Moderate Terms.

180 BED ROOMS.

Many Private Sitting Rooms and Public Salons.
English Billiard Tables.

**Magnificent Assembly Rooms for Theatricals,
with Two Large Stages.**

**CONCERTS, BALLS, THEATRICALS, SLEDGING, SKATING,
TOBOGANNING, CURLING, GOLF,**

**TENNIS (Asphalte), CROQUET, DARK ROOM FOR
PHOTOGRAPHY, &c. CHILDREN'S PLAYGROUND.**

EXCELLENT COOKING.

Electric Light everywhere. Every Room faces due South. House cost 1,500,000 francs, in addition to which £1,500 was last year spent **ENTIRELY ON
SANITARY ARRANGEMENTS.**

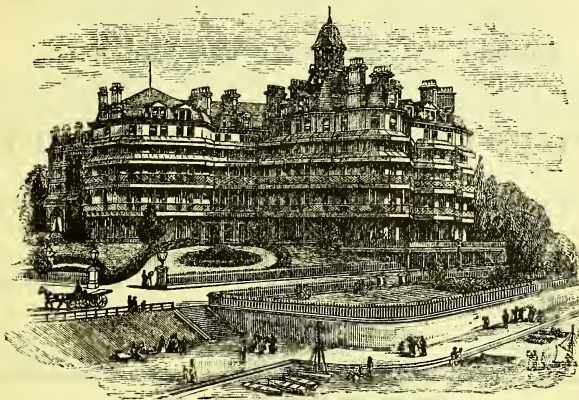
POSITION UNIQUE.

Bed Rooms, etc., Furnished as in England.

**Hans MOSER, the Manager, will
supply fullest Particulars and Tariff
on application.**

EASTBOURNE.

QUEEN'S HOTEL.



COMPLETE SANITARY ARRANGEMENTS. ELECTRIC LIGHT. HYDRAULIC PASSENGER LIFT. CORRIDORS WARMED BY HOT WATER PIPES, AND ALL MODERN IMPROVEMENTS. GOOD KITCHEN. EXCELLENT WINES. MODERATE TARIFF. "EN PENSION" TERMS NINE MONTHS IN THE YEAR.

Tariff of J. STEINLE.

EMS.

HOTEL D'ANGLETERRE.

Finest situation, opposite lovely Garden and Royal Baths. Every modern luxury, comfort and convenience. **Cuisine** and cellars special features. Terms *en pension* if desired.

READING, MUSIC, SMOKING, BILLIARD, AND OTHER PUBLIC ROOMS.

Special reductions before or after the height of the Season.

'Bus meets trains. Lift, Electric Light. Tariff on application to

F. SCHMITT, *Proprietor and Manager.*

FRANKFURT A MAIN.

GRAND HOTEL NATIONAL.

This Splendid and newly-erected Hotel is immediately opposite to the exit of the New Railway Station. Trams to all parts of the City from the door.

Splendid Dining Saloon and Restaurant.

Reading Room with English Newspapers, Salons, Smoking Room, Billiards, Electric Light, Baths. Sanitation perfect.

CUISINE A SPECIALITY.

TARIFF MODERATE.

Garden. Telegraph and Telephone in the Hotel. Fine cellars of Wine. Carriages in the Hotel.

English Visitors to Frankfort, whether stopping here to rest *en route* or wishful to make a stay, will find every modern Luxury, Comfort, and Convenience at this Hotel.

H. HABERLAND,
Proprietor.

FREIBURG.

Hotel Sommer zum Zähringerhof.

This beautiful and well-known first-rate Hotel is situated on the right, opposite the Station, in the healthiest and finest part of the town, surrounded by its own garden, and situated among pleasant promenades.

ALL HOME COMFORTS.

CAN BE WELL RECOMMENDED AS A FAMILY HOTEL, BOTH FOR A LONG OR SHORT STAY.

Electric Light. Hydraulic Lift. Moderate Tariff.
Fishing. Shooting.

Information given about Excursions in the Black Forest.

SOMMER BROS. ; also of Hotel Sommer, Badenweiler.

FREIBURG.

HARRER'S HÔTEL

AND

PENSION DE L'EUROPE.

First-class house, opened since May, 1890, on the left, opposite the Station, situated in the most sanitary part of the town (no noise at all from the Railway traffic), surrounded by lovely gardens and covered verandahs serving as an open-air restaurant.

This Hotel is unrivalled in comfort and cleanliness.

A real home, and therefore specially recommended to English.

EXCELLENT CUISINE AND CELLAR.

Electric Light and Steam Heating everywhere, without extra charge.

VERY MODERATE TARIFF.

The Service is under the Personal Superintendence of the Proprietor.

GENOA.

GRAND HÔTEL DE GÊNES.

.....

FACING THE OPERA HOUSE

~ AND POST OFFICE. ~

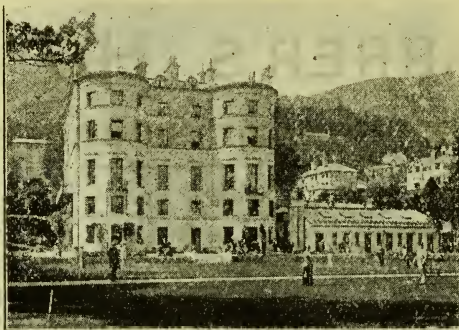
LIFT & ELECTRIC LIGHT.

MM. BONERA FRÈRES,

Proprietors.

GREAT MALVERN.

SHELTERED POSITION.



STANDS IN OWN GROUNDS.

**EVERY HYDROPATHIC APPLIANCE AND PROCESS.
MASSAGE.**

Dr. Fergusson makes Massage a speciality, and administers it personally. Brine, Sulphur, Pine Extract, Alkaline and Medicated Baths; also the Massage Bath. Medical Men may rely upon Patients receiving every kindness and attention.

*TENNIS, BOWLS, CROQUET, GOLF, HUNTING. BILLIARDS. EXCELLENT CUISINE.
SPECIAL TERMS TO MEDICAL MEN.*

HOMBURG.

ROYAL VICTORIA HOTEL,

And three spacious Villas attached to the Hotel, facing the Taunus Mountains, with private apartments.

Has been patronized by H.R.H. the PRINCE OF WALES and the Royal Family.

HIGHEST POSITION. LIFT.

FIRST-CLASS HOTEL, close to the Springs and the Kursaal. One of the finest and best situated Hotels in the town. 150 Rooms and 15 Balconies. Airy and quiet Apartments. Covered Verandah, fine Garden, facing south, admirably suited for visitors suffering from Gout and Rheumatism. At the early and late part of the season arrangements are made on very reasonable terms. Best French and English Cooking. Excellent Wines. Moderate charges. Stag and Roebuck shooting, as well as good Trout Fishing, free for the guests of the Hotel. Lawn Tennis.

GUSTAVE WEIGAND, PROPRIETOR,

Purveyor to H.R.H. the PRINCE OF WALES and H.R.H. the GRAND DUKE OF MECKLENBURG-STRELITZ.

HOMBURG.

HOTEL DE RUSSIE.

.....

*First-class house, conveniently situated
near the Springs, Kurhaus, and
English Church.*

Private Apartments may be secured in the

VILLA AUGUSTA,

which is situated in the Hotel Grounds.

F. A. LAYDIG, *Proprietor.*

CENTRAL HOTEL,

FACING THE KURHAUS AND THE BOWLING GREEN,

~~~~~

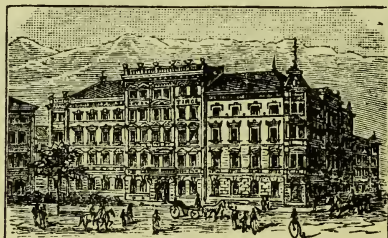
OPEN ALL THE YEAR.

~~~~~

MORITZ RIESER, *Proprietor.*

INNSBRUCK.

HOTEL TIROL.



Excellent First-Class House.

SPECIAL ARRANGEMENTS FOR WINTER VISITORS.

*CLOSE TO RAILWAY STATION AND SALT
SWIMMING BATHS.*

READING AND SMOKING ROOMS.

FINE GARDEN.

Illustrated Pamphlet sent on application to
CARL LANDSEE, Proprietor.

BAD KREUZNACH.

RAILWAY STATION. TWENTY MINUTES FROM THE RHINE.

350 FEET ABOVE THE LEVEL OF SEA.

Modern Drainage. Pure Drinking Water from the Mountains.

POST AND TELEGRAPH OFFICE.

Bromo-iodurated Saline Waters with lithium, used for drinking, bathing and local application ; their effect is increased by addition of the celebrated Kreuznacher Mother-lye.

INDICATIONS: Glandular affections, diseases of the ear, eye, throat, bones, joints (rickets) ; various female complaints (tumours) ; diseases of the urinary organs, heart and skin ; rheumatism and gout, obesity, anaemia, specific diseases.

Opportunity is given to inhale the saline spray in various ways.

MILK (new and sterilized), kefir, whey, foreign mineral waters, grape cure (famous wine growing). Douches of various kind—Russian, Irish, river baths ; Massage, Gymnastics.

AMUSEMENTS.

Excellent orchestra, Italian concerts, fireworks, dancing, theatre, races, fishing, boating, shooting, lawn tennis, variety of excursions.

DESERVEDLY POPULAR WITH ALL VISITORS.

ENGLISH CHURCH.

Number of annual visitors about 6,000.

Educational Establishments, and private lessons of every kind.

LARGE NUMBER OF HOTELS AND PRIVATE BOARDING-HOUSES.

Baths in all of them, directly supplied with mineral water.

KREUZNACH.

HOTEL ORANIENOF.

THIS POPULAR FIRST-CLASS HOTEL, which has been patronized by Royalty, is situated in its own well-laid-out and extensive grounds, in the highest and best position in the town.

Mr. H. D. ALTEN (formerly of the Hotel Meurice, Paris), the Proprietor, resides in and personally conducts the Establishment.

The strongest Mineral Spring in Kreuznach belongs to the Hotel, from which are supplied a large number of elegantly fitted baths.

ENGLISH VISITORS TO KREUZNACH WILL HERE FIND EVERY MODERN HOTEL APPLIANCE CALCULATED TO ADD TO THEIR COMFORT.

Cuisine a Special Feature.

LIFT. BILLIARDS. TENNIS.

CONVERSATION AND MUSIC SALOONS.

Sanitary Arrangements under direct Medical Supervision, and of the most Modern Type.

The Charges are moderate, especially early and late in the Season, when reductions are made.

Prospectus, Tariff, and all information free on application to

H. D. ALTEN, Proprietor.

KREUZNACH.

HOTEL KURHAUS.

IN the centre of the Kurpark, with Kursaal, Ladies', Drawing, Reading, and Billiard Rooms. 65 Rooms and Saloons. 30 large Bath Rooms (Douches, Vapour Bath) and Inhalation Hall. Covered *Promenoir* to the Elisabeth Springs (now, by new boring, strongest Mineral Spring). Drinking Whey and Milk Cure Establishment. Lawn Tennis. Excellent Restaurant on covered Verandah, opposite the Music Pavilion. Very moderate charges.

ADOLF DURINGER, late Manager of Mena House, Cairo.
Succursale—Hotel d'Angleterre, Geneva.

HÔTEL D'HEIL SCHMIDT.


COMFORTABLE FAMILY HOTEL.

ENGLISH COOKING.

.....
MODERATE CHARGES.

D'HEIL SCHMIDT, Proprietor.

LOCARNO.

THE GRAND HOTEL.

200 BED AND DRAWING ROOMS.

Most Comfortable during Winter,
the Heating Arrangements being
excellent.

EXCELLENT CUISINE.

PROPRIETORS—

The Messrs. BALLI.

MALOJA

(Engadine, Switzerland).

THE

HOTEL KURSAAL MALOJA.

One of the most magnificent Hotels in Switzerland.

6,000 FEET ABOVE SEA LEVEL.

CLIMATIC ALPINE STATION FOR SUMMER.

Offers every convenience and comfort.

Mean Temperature: July, 51°15; August, 50°35; and September, 48°0.

Best sanitary arrangements. Constructed and inspected yearly by
English Engineers.

Open from the 1st of JUNE till the end of SEPTEMBER.

ELECTRIC LIGHT. LIFT.

*The largest Recreation Hall in Switzerland; and Dining Room,
Ball Room. Restaurant and Theatre.*

HOTEL WARMED BY SPECIAL SYSTEM OF HEATING
(with ventilation).

Mountain, Water, and Ice Sports. Golf Course (nine holes). Cricket
and two Lawn Tennis Courts.

Milanese Scala Orchestral Concerts Daily.

ENGLISH & ROMAN CATHOLIC CHURCHES.
RESIDENT PHYSICIANS.

Fresh Milk and every kind of Mineral Water provided at any time.
Especially recommended by Physicians for its

- (1) Altitude and consequent rarefaction of the atmosphere;
- (2) Dryness and the aseptic character of the air.

For Prospectus and Terms apply to the Manager—

J. F. WALTHER-DENZ, at Hotel Kursaal Maloja, Switzerland.

MAYENCE.

GRAND HOTEL D'ANGLETERRE.

This well-known and popular Hotel has recently been
REFURNISHED, REDECORATED & ENLARGED.

A Lift has been added, and numerous additions and alterations made calculated to increase the comfort of the large number of English visitors who, for many years, have made this Hotel a place of call or temporary rest.

The situation of this Hotel is unique; it is just opposite the Steamer Landing Stage (no cab required), and is in a quiet and open part of the town.

JEAN FECHT, Proprietor.

MENTONE.

ALEXANDRA HOTEL.

THE SANITARY ARRANGEMENTS ARE OF THE VERY BEST,
and up to the last Scientific Improvements.

Every Room has Separate Ventilation.

FIRST-CLASS IN EVERY RESPECT. THOROUGHLY HOME-LIKE.

EXCELLENT CEMENT LAWN TENNIS COURT.

Every Town Comfort, though situated quite in the Country.

The immediate surroundings are very beautiful,
embracing Hills, &c., clad in Olive and Pine Woods.

Address the **MANAGER.**

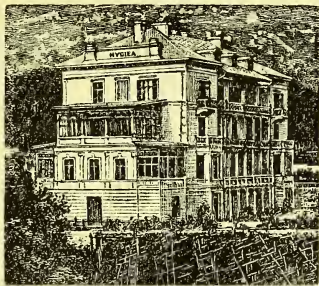
MERAN (Tirol).

“HYGIEA.”

Charming Situation.

EXCELLENTLY FURNISHED.

EVERY HOME COMFORT.



Sojourn for Convalescents and those suffering from nervous, stomachic and rheumatic affections. (Tuberculous patients not admitted.)

Cold water cures. All kinds of douches. Bath. Electrotherapy. Massage. Curative gymnastics. Dietary and climatic cures.

Open from the 1st of October to the 20th of May.

PROSPECTUS TO BE HAD FROM THE MANAGER.

Medical Superintendent: DR. SCHREIBER, Imperial Councillor, late Lecturer at the Vienna University.

Conversation in English, French and Italian, as well as German.

“ALPENHEIM,” AUSSEE, SALZKAMMERGUT (AUSTRIA).

MOST PLEASANT SUMMER SOJOURN FOR CONVALESCENTS,
AS WELL AS FOR THOSE SUFFERING FROM NERVOUS,
STOMACHIC AND RHEUMATIC AFFECTIONS.

Saline and Pine Baths. Cold water cures. All kinds of douches.
Large Hall for curative gymnastics. Massage. Electrotherapy.

Every home comfort. If desired, dinners à-la-carte at very moderate prices. Conversation: German, English, French, Italian. Prospectus to be had from the Manager.

Season 20th of May to the 1st of October.

Medical Superintendent: DR. SCHREIBER, Imperial Councillor, late Lecturer at the Vienna University.

MERAN.

THE

Hotel & Pension Hassfurther,

Situated in the most sheltered position on the Promenade
and River, in its own Garden.

SPLENDID VIEW OF THE MOUNTAINS.

COMFORTABLE, WITH MODERATE PRICES
AND EXCELLENT COOKING.

OMNIBUS AT STATION.

HASSFURTHER, Proprietor.

NAUHEIM.

VILLA BRITANNIA.

Exceedingly healthy position,

IN THE MIDST OF A GREAT GARDEN,

NEAR

THE KURHAUS.

Proprietor: NOGGERATH.

NAUHEIM,

Bad (near Frankfort, A/M.)

HOTEL BELLEVUE.

FIRST-CLASS FAMILY HOUSE,

Beautifully situated in the most healthy part
of the place,

Opposite the Curpark, Baths and Springs.

EXCELLENT COOKING AND CHOICE WINES.

Arrangements on very reasonable terms are made at the
early and late part of the Season.

H. FISCHER, Proprietor.

HOUSE SCHUCKHARDT.

FIRST-CLASS AND WELL-KNOWN FAMILY HOTEL,

Situated in the healthiest part of Nauheim, opposite the Park.

A SHORT DISTANCE FROM THE CURHAUS MINERAL
SPRINGS AND BATH HOUSES.

NEWLY AND ELEGANTLY FURNISHED.

HYDRAULIC LIFT.

EXCHANGE—Filiale Bank, Koch Lauteren & Co., Frankfort A/M.

Proprietor, H. HEINRICH.

NICE.

HOTEL COSMOPOLITAN

(FACING THE SOUTH).

WELL-APPOINTED AND RICHLY FURNISHED

ELECTRIC LIGHT THROUGHOUT.

WINTER GARDEN.

WEEKLY DANCES DURING THE SEASON.

R. BILLETER, Manager.

PONTRESINA

(Engadine).

Hotel Roseg, Switzerland.

First-class English Hotel, with every modern comfort.

Opens 1st of JUNE, and closes 1st of OCTOBER.

IN JUNE AND SEPTEMBER REDUCED TERMS.

Full pension, including everything (excepting wine and the usual extras), from Fcs. 12 upwards.

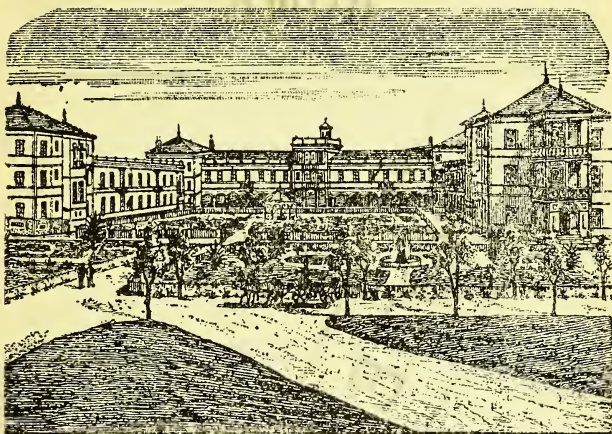
200 BEDS.

Excellent cellar and cuisine. Big drawing and dancing rooms, table d'hôte room for 300 people.

Vestibule, baths, restaurant, billiards, lawn tennis court in front of house, golf links; half-an-hour's ride from Pontresina by Omnibus. Fine large shady gardens, best position, with full view of the Roseg glaciers. The Roseg Hotel is entirely drained by the renowned English engineers, Thomas Lowe & Sons, Cannes.

ZAMBAIL BROS., Managers.

OROTAVA, Teneriffe.



OROTAVA, TENERIFFE.

THE FINEST CLIMATE IN THE WORLD.

The New Grand English Hotel is
now open for the Season 1894-5.

For Terms, &c., apply to

Messrs. SINCLAIR, HAMILTON & CO.,

17, St. Helen's Place, London, E.C.

Telegraphic Address, "Taoro, Puerto Cruz."

ROME.

LIFT. + + +

POST AND
TELEGRAPH.

HOTEL
QUIRINAL.

A. MARRONI,

PROPRIETOR.

ROME.

GRAND HOTEL CONTINENTAL.

First Class, 250 Rooms, near the Central Railway Station and all the Antiquities and Attractions. Post and Telegraph annexed. Tramways, Omnibus, and Cabs at the door of the Hotel. Electric light in all the rooms. Lift, to carry nine persons, working continually. Arrangements made from 10 francs.

P. LUGANI, Proprietor.

SAN REMO.

HOTEL DE LONDRES.

Situated on the West Cliff, close to the English Church.

EVERY HOME COMFORT.

BOGGÉ FRÈRES, Proprietors.

Baths of SCHWALBACH, Germany.

THE FIRST-CLASS HOTELS

Are in Alphabetical Order.

HOTEL ALLEESAAL—

GEBR. GREBERT, Proprietor.

HOTEL DUKE OF NASSAU—

ADOLF JAHN, „

HOTEL MÉTROPOLE—

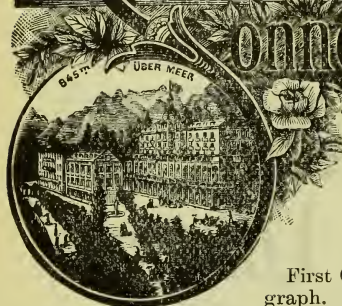
G. HERBSTER, „

HOTEL TAUNUS—

J. J. BOLL, „

HOTEL TIVOLI—

H. WILHELMY, SON, „



Seelisenberg



Grand Hotel & Pension.
LAKE OF URI, SEELISBERG,
SWITZERLAND.

Altitude 2,545 feet.

M. TRUTTMANN, Proprietor.

First Class House, Post Office and Telegraph. Divine Service of the Catholic, Protestant and Anglican Communions. Concerts every day. Lift, Lawn Tennis, Baths and Douches. Permanent Resident Physician. Omnibus at the Steamboat Station, Treib-Seelisberg.

ST. MORITZ

(Engadine, Switzerland).

6,000 Feet above the Sea.

GD. HOTEL NEUES STAHLBAD, THE NEW IRON BATHS.

*First-rate Hotel and Bathing Establishment,
with special powerful Chalybeate Spring.*

STANDS HIGHER than any other Hotel at St. Moritzbad. SUNNY POSITION, close to the Pine Forest, SHELTERED FROM WIND AND DUST. Splendid views of the Lake and Snow Mountains.

300 BEDS, spacious Society Rooms, Four Restaurants. ENGLISH GRILL ROOM, AMERICAN BAR, ELECTRIC LIGHT everywhere, PERFECT SANITARY, HEATING and VENTILATING APPARATUS. Faultless Drainage. OPEN FIREPLACES.

SEASON—JUNE TO SEPTEMBER.

This Balneo-Climatérique Alpine Station (altitude 1,800 metres) is celebrated for its mineral springs, mineral water baths and all kinds of hydro-therapeutic appliances. Excellent station for secondary treatment after having used the waters of Tarasp, Carlsbad, &c.

HOTELS:

Kurhaus, Stahlbad, Du Lac, Victoria, Engadinerhof, Bellevue, Central.

ALL THESE HOTELS ARE CLOSED IN WINTER.

SAINT-MORITZ-LES-BAINS,

Season: 15th June—15th September.

ENGADINE

TARASP-SCHULS-BATHS,

Season: 1st June—15th September.

This Spring is the richest extant in sulphate of soda. *Its waters are far superior to those of either Carlsbad, Kissengen, Marienbad or Vichy, owing to the quantity of fixed substances and carbon which they contain.*

Mineral water baths. Alpine climate (altitude 1,200 metres).

Prospectuses and information as to lodgings, &c., on application to the Kurhaus Direction, Tarasp-Schuls.

*SOLE AGENTS for Sale of the Tarasp Mineral Waters in
GREAT BRITAIN and COLONIES:*

R. DAVIS, 20, Maddox St., Regent St., LONDON, W.

For the UNITED STATES OF AMERICA:

WEBER & CO., 141, Third Avenue, NEW YORK CITY.

St. Moritz--Dorf.

HOTEL ENGADINER—KULM.

THIS magnificently appointed Hotel is open all the year round, and is a favourite resort for English visitors, whose tastes, amusements and general comfort are specially studied.

*Elevated but sheltered position. Maximum of sunshine.
Built on a rock. Absolutely fireproof.*

Stone stairs. Drainage and sanitation upon the English system, and under direct medical supervision.

ELECTRIC LIGHT THROUGHOUT.

Public Salons. Magnificent Entrance Hall and Lounge.

ALTITUDE NEARLY 6,000 FEET.

TWO ENGLISH BILLIARD TABLES. TWO SKATING RINKS.
CENTRAL POINT FOR TOBOGGANING.

ITALIAN BAND.

RACQUET COURT. TENNIS. CURLING GROUNDS.

Amusements, both outdoor and in, in great variety.

CONCERTS, BALLS, THEATRICALS, &c.

Resident English Physician - - Dr. HOLLAND.

HEATED BY STEAM, AND AN EVEN TEMPERATURE
CONSTANTLY MAINTAINED.

CUISINE A SPECIAL FEATURE. TERMS—"EN PENSION," AND REASONABLE.

Prospectus, &c., free from

BADRUTT & CO.

Telegrams—"KULM, St. MORITZ."

ST. MORITZ.

HOTEL BAVIER

(Belvedere), St. Moritz Village.

6,100 FEET ABOVE SEA LEVEL.

FIRST-CLASS HOTEL, SPLENDIDLY SITUATED,

Overlooking the whole Valley; quite isolated from noisy neighbourhood. Connected by Electric Tram with Bath-quarters. Entirely re-decorated and enlarged. Large Public Rooms, well warmed. Electric Light. Fireproof Stairs. Lawn Tennis. Winter Garden.

R. BAVIER, Proprietor.

SILVAPLANA.

HOTEL POSTE AND RIVALTA.

THIS popular establishment still continues to enjoy the patronage of a large number of English visitors. Its lovely situation, coupled with the excellence of its internal arrangements, have secured for it a well-deserved name. Within easy walk of St. Moritz, and in view of lovely mountain scenery, it has become a well-known resort. Baths; electric light; billiards; excellent wines; good cooking.

~~~~~  
**Pension from 7 to 10 francs per day.**  
~~~~~

Write for Tariff, &c., to

PROPRIETOR,

RIVALTA, ENGADINE.

WIESBADEN.

FOUR SEASONS HOTEL AND BATHS.

A FIRST-CLASS ESTABLISHMENT,

Situated in a fine Open Position, facing the Kursaal Theatre Square and the Park Promenades.

120 Front Rooms, 20 Airy and Comfortable Bathing
Cabins supplied from own
Hot Mineral Spring (like the Kochbrunnen).

REASONABLE TERMS. GOOD STABLING.

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REASONABLE CHARGES. LIFT.

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(Near the Taunus and Rhine Railway Station, Post and Telegraph).

HIGHLY recommended First-class Hotel, newly enlarged and renovated, and affording every comfort to English and American families.

Excellent Cuisine and Wines. Moderate charges. Pension the whole year. Baths. Lift.

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HOTEL CERVIN,
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HOTEL SEILER.

PROPRIETRESS OF ALL THESE HOTELS,

Madame VVE. SEILER.

LONDON, PARIS, AND THE CONTINENT,

Via NEWHAVEN, DIEPPE, and ROUEN.

THE SHORTEST & CHEAPEST ROUTE.

Through the Charming Scenery of Normandy to the Paris terminus,
near the Madeleine.

FIXED EXPRESS SERVICES

MORNING EXPRESS SERVICE.

A Day Express Service from Victoria and London Bridge to Paris, and
vice versa, every Week-day and Sunday morning.

NIGHT EXPRESS SERVICE.

Leaving Victoria 8.50 p.m. and London Bridge 9.0 p.m. for Paris; and
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FARES: Single 34s. 7d., 25s. 7d., 18s. 7d.;

Return, 58s. 3d., 42s. 3d., 33s. 3d.

The Splendid New Steamers (steel built) "Paris," "Rouen," "Brittany,"
"Normandy," "Seine," and "Tamise," are the largest and fastest
in the Channel Service.

The commodious and powerful Steamers employed in this service are
acknowledged to be the best crossing the Channel between England and
France, and are provided with Private Quarter-Deck and other Cabins.

The Trains run to the Harbour alongside the Steamers at Newhaven
and Dieppe.

The Trains between London and Newhaven, and also between Paris
and Dieppe, are fitted with a communication between Passenger, Guard,
and Driver, and are provided with the Westinghouse continuous Brake.

Passengers are booked through between London and all the principal
Towns in the South of France, Italy, Switzerland, &c.

Tickets for Circular Tours, through Normandy, Brittany, the South of
France, Switzerland, Italy, &c., with choice of several routes, are issued
by this Service.

Tickets and every Information at the Principal Offices:—

LONDON: West-end General Inquiry Office, 28, Regent Street,
Piccadilly; No. 8, Grand Hotel Buildings, Trafalgar Square; City Office,
18, Fish Street Hill; Hays, 4, Royal Exchange Buildings, Cornhill; and at
London Bridge and Victoria Stations; Cook & Son, Ludgate Circus;
Gaze & Sons, 142, Strand, and Westbourne Grove; Jakins, 6, Camden
Road, and 96, Leadenhall Street; 30, Silver Street, Notting Hill;
Myers, 343, Gray's Inn Road, and 1A, Pentonville Road; and the
Army and Navy Stores, Victoria Street, Westminster. BRIGHTON: 17, Old
Steyne, and 129, Western Road. PARIS: 10, Rue du 4 Septembre, near
the Bourse; and at the St. Lazare Station. TURIN, MUNICH, AND ALA:
Girard Frères. MILAN, GENOA and MOUSCRON: Gondrand Frères.

(By Order)

A. SARLE,

London Bridge Terminus.

Secretary and General Manager.

Western of France and London Brighton and South Coast Railways.

SERVICE FROM
PARIS TO

LONDON,

IN 10 HOURS.

VIA ROUEN, DIEPPE
AND NEWHAVEN,

TWO TRAINS EVERY DAY (St. Lazare Station).

PARIS to LONDON (1 & 2 Class).

Paris	dep. 9.0 p.m.
London Bridge	arr. 7.0 p.m.
Victoria	„ 7.0 p.m.

PARIS to LONDON (1, 2, 3 Class).

Paris (St. Lazare)	dep. 8.50 p.m.
London Bridge (City)	arr. 7.40 a.m.
Victoria (West End)	„ 7.50 a.m.

2nd—NIGHT SERVICE—(All the Year round).

DAILY NIGHT TRAINS (Sundays included at 8.50 p.m.)

SINGLE.

RETURN.

1st Class.	2nd Class.	3rd Class.
Fcs. 42'50 ...	Fcs. 31'25 ...	Fcs. 22'50

1st Class.	2nd Class.	3rd Class.
Fcs. 71'25 ...	Fcs. 51'25 ...	Fcs. 40

Reduced Prices of RETURN TICKETS (from Paris), available from
FRIDAY till MONDAY (May till October), to the following

SEA BATHING PLACES.

	1st Cl.	2nd Cl.
	Fcs.	Fcs.
Dieppe - - - - -	30	22
Le Treport via Sergueux and Abancourt (July—Sept.) - -	33'20	—
Cany (Veulettes and Petites Dalles), Saint Valéry (Veules), Le Havre (St. Adresse, Bru- neval), Fécamp, Les Ifs (Yport, Etretat), Trouville, Deauville, Villers-sur-mer, Honfleur, Caen - - - - -	33	24
Cabourg (Le Home-Varaville), Dives, Beuzeval (Houlgate), Luc, Lion-sur-Mer, Langrune St. Aubin, Bernières, Cour- seilles, Ver sur Mer, total price Bayeux (Arromanches, Asn- elles), &c. - - - - -	38	28
Coutances (Coutainville), Régneville - - - - -	40	30
	57	44

	1st Cl.	2nd Cl.
	Fcs.	Fcs.
Isigny (Grandcamp, St. Marie du Mont) - - - - -	44	33
Valogues (Port-Bail, Carteret, St. Vaast la Hougue, Quiné- ville) - - - - -	50	38
Cherbourg - - - - -	55	42
Granville (St. Pair, Douville) -	50	38
St. Malo, St. Servan (Dinard St. Enogat, St. Lunaire, St. Briac Paramé), Lamballe (Erqui-Val-André, La Garde de St. Cast) - - - - -	66	50
St. Brieuc (Portrieux, St. Quay)	68	51
Lannion (Perros, Guirec) - -	79	59
Morlaix (St. Jean du Doigt) -	81	61
Roscoff (Ile de Batz) - - -	85	64

MINERAL BATHS.

Bagnoles de l'Orne - - - -	45	34
Forges-les-Eaux - - - - -	21'45	16'05

Trains leave Friday—till Saturday. They are also available for the Thursday train leaving
6.30 p.m., St. Lazare Station.

The Tickets for St. Malo, Lamballe, St. Brieuc, Lannion, Morlaix and Roscoff are available for
Return until Tuesday inclusive. The Tickets are personal, and cannot be sold.

CIRCULAR TICKETS.—Coasts of Normandy and Brittany.

Available for One Month (May till October).

1st Itinerary. 1st Cl. 60 Fs., 2nd Cl. 45 Fs.
Paris, Rouen, Le Havre, Fécamp, St. Valéry,
Dieppe, Arques, Le Treport, Eu, Forges-les-
Eaux, Gisors, Paris.

2nd Itinerary. 1st Cl. 60 Fs., 2nd Cl. 45 Fs.
Paris, Rouen, Dieppe, St. Valéry, Fécamp,
Le Havre, Honfleur or Trouville, Caen, Paris.

3rd Itinerary. 1st Cl. 80 Fs., 2nd Cl. 65 Fs.
Paris, Rouen, Dieppe, St. Valéry, Fécamp,
Havre, Honfleur or Trouville, Cherbourg,
Caen, Paris.

4th Itinerary. 1st Cl. 90 Fcs., 2nd Cl. 70 Fs.
Paris, Granville, Avranches, Mont St. Michel,
Dol, Saint-Malo-Saint-Servan, paramé, Dinan,
Rennes, Le Mans, Paris.

5th Itinerary. 1st Cl. 100 Fs., 2nd Cl. 80 Fs.
Paris, Cherbourg, Coutances, Granville,
Avranches, Mont-St.-Michel, Dol, St.-Malo-St.
Servan, paramé, Dinan, Rennes, Le Mans, Paris.

6th Itinerary. 1st Cl. 100 Fs., 2nd Cl. 80 Fs.
Paris, Rouen, Dieppe, St. Valéry, Fécamp, Le
Havre, Honfleur or Trouville, Caen, Cherbourg,
Coutances, Granville, Paris.

7th Itinerary. 1st Cl. 120 Fs., 2nd Cl. 100 Fs.
Paris, Rouen, Dieppe, St. Valéry, Fécamp, Le
Havre, Honfleur or Trouville, Caen, Cherbourg,

Coutances, Granville, Avranches, Mont-St
Michel, Dol, St.-Marlow-St.-Servan, paramé
Dinan, Rennes, Laval, Le Mans, Chartres, Paris

8th Itinerary. 1st. Cl. 120 Fs., 2nd Cl. 100 Fs.
Paris, Granville, Avranches, Mont-St.-Michel
Dol, St.-Malo-St.-Servan, paramé, Dinan, St.-
Brieuc, Lannion, Morlaix, Roscoff, Brest,
Rennes, Le Mans, Paris.

9th Itinerary. 1st Cl. 130 Fs., 2nd Cl. 110 Fs.
Paris, Caen, Cherbourg, Coutances, Granville,
Avranches, Mont-St.-Michel, Dol, St.-Malo-
St.-Servan, paramé, Dinan, St.-Brieuc, Lannion,
Morlaix, Roscoff, Brest, Rennes, Vitre, Laval,
Le Mans, Chartres, Paris.

10th Itinerary. 1st Cl. 110 Fs., 2nd Cl. 90 Fs.
Le Mans, Alençon, Argentan, Caen, Cher-
bourg, Granville, Avranches, Mont-St.-Michel,
Dol, St.-Malo-St.-Servan, paramé, Dinan,
St.-Brieuc, Lannion, Morlaix, Roscoff, Brest,
Rennes, Vitre, Laval, Le Mans.

11th Itinerary. 1st Cl. 110 Fs., 2nd Cl. 90 Fs
Rouen, Dieppe, St.-Valéry-en-Caux, Cany
Fecamp, Le Havre, Honfleur on Trouville
Caen, Cherbourg, Coutances, Granville, Avran-
ches, Mont-St.-Michel, Dol, St.-Malo-St.
Servan, paramé, Dinan, Rennes, Vitre, Lava.
Le Mans, Alençon, Argentan, Lisieux, Rouen.

The prices indicated include boats and diligences. The duration of these tickets can be prolonged
for another month by paying a supplement of 10/o on the price at any station named on the ticket.

Northern Railway of France

Four Fast Services Daily between London and Paris, and vice versa. Sea Passage about 70 minutes.

Viâ DOVER and CALAIS.

Departures from Paris at 8 a.m., at 11.50 a.m. (1st and 2nd Class), and at 9 p.m. (1st, 2nd, and 3rd Class), arriving in London at 4.25 p.m., 7.10 p.m., and at 5.45 a.m.

Departures from London at 8 a.m., at 11 a.m. (1st and 2nd Class), and at 8.15 p.m. (1st, 2nd, and 3rd Class), arriving at Paris at 4.36 p.m. and 7 p.m., and at 5.38 a.m.

Viâ FOLKESTONE and BOULOGNE.

Leaving Paris at 10.30 a.m. (1st and 2nd Class), arriving in London 5.45 p.m.
Leaving London at 10 a.m. (1st and 2nd Class), arriving at Paris 5.47 p.m.

LONDON to PARIS and the SOUTH, *viâ* Dover and Calais. WINTER SERVICE.

TRAINS DE LUXE.

Sud Express (thrice weekly), for Bordeaux, Biarritz, Madrid, and Lisbon, in connection with the Steamboats for South America, Madeira, the Azores, and South Africa. Departure from Paris-Nord, Mondays, Wednesdays, and Saturdays, at 6.44 p.m. Arrival at Paris-Nord, Mondays, Wednesdays, and Fridays, at 8.15 p.m.

Peninsular Express (weekly), from London, Dover, Calais for Turin, Alexandria, Bologna, Ancona, Brindisi, and India, in connection with the Indian Mail Boats. Departure from London, Fridays, at 8.15 p.m. Departure from Calais-Maritime, Saturdays, at 1 a.m. Arrival at Brindisi, Sundays, 7.50 p.m. This Train goes over the Grande Ceinture Line from Pierrefitte to Villeneuve St. George, and does not run into the Paris-Nord Station.

Daily Rapid Train (during the Winter), for Nice and Ventimiglia, composed of 1st class and Saloon Carriages, and Sleeping-cars. Departure from Paris-Nord at 7.44 p.m. On return journey, arrival at Paris-Nord at 10.15 a.m.

Mediterranean Express (thrice weekly during the Winter), for Marseilles, Cannes, Nice, and Ventimiglia. Departure from Paris-Lyon, Tuesdays, Thursdays, and Saturdays, at 7.25 p.m. Arrival at Ventimiglia, Wednesdays, Fridays, and Sundays, at 2.46 p.m. Departure from Ventimiglia, Mondays, Thursdays, and Saturdays, at 6.5 p.m. Arrival at Paris-Lyon, Tuesdays, Fridays, and Sundays, at 2.8 p.m. On the outward journey the Train is in correspondence with a Ceinture Train from Paris-Nord, starting at 6.23 p.m., and arriving at Paris-Lyon at 7.4 p.m. Passengers from London *via* Calais and Boulogne, and from Belgium, Holland, and Germany, join at Paris-Nord.

There is an excellent Restaurant and Lavatory Accommodation at the Gare du Nord, in Paris. Luncheon Baskets provided at fixed prices.

THROUGH EXPRESS SERVICES from LONDON to SWITZERLAND AND ITALY, *viâ* DOVER AND CALAIS.—Bâle, Berne, Milan and Turin, 11 a.m. and 8.15 p.m. daily, 1st and 2nd Class, and to BRUSSELS, COLOGNE and all GERMANY.

8 a.m. | 11 a.m. | 8.15 p.m. | 1 & 2 Cl.

Through Bookings and Registration of Luggage.

New Express Services to Vienna in 31 hours, *viâ* Dover and Calais; departure from London at 11 a.m. 1st. *Viâ* Calais, Châlons and Strasburg, joining the **Orient Express** at Châlons (1st Class only), for Carlsruhe, Stuttgart, Munich and Vienna. 2nd. *Viâ* Calais, Tournai, Brussels, Cologne, Frankfort and Vienna (1st and 2nd Class).

PARIS, LYONS, AND MEDITERRANEAN RAILWAY.

Combined International Service by the Mont Cenis

BETWEEN

LONDON AND ITALY,

And Direct Service (viâ Calais or Boulogne)

Between London, Switzerland, Vichy, Clermont - Ferrand,
Aix-les-Bains, and the Riviera.

THROUGH PARIS BY CEINTURE RAILWAY.

Return Tickets at reduced prices from London.

Viâ Calais or Boulogne.

Viâ Dieppe.

From London to Following Stations and back	Route.	Duration.	Prices (1)		Extension (2) Prices.		Prices (1)		Extension (2) Prices.	
			1st Cl.	2nd Cl.	1st Cl.	2nd Cl.	1st Cl.	2nd Cl.	1st Cl.	2nd Cl.
			Fes. C.	Fes. C.	Fes. C.	Fes. C.	Fes. C.	Fes. C.	Fes. C.	Fes. C.
ns or vice versa ...	Paris-Dijon ...	45 days.	197.80	147.70	62.65	35.75	158.75	114.70	42.45	26.70
Marseilles ditto ...	Paris-Lyons...		256.80	190.15	82.25	46.40	217.75	157.15	62.05	37.35
res (this price from London only) ...	P.-L.Marseilles		271.40	200.65	87.15	49.	232.35	167.65	66.95	39.95
nes ditto	Ditto		289.20	213.50	93.05	52.25	250.15	180.50	72.85	43.20
se ditto	Ditto		292.40	215.80	94.15	52.75	253.35	182.80	73.95	43.70
e ditto	Ditto		294.40	217.25	94.85	53.20	255.35	184.25	74.65	44.15
nte Carlo ditto	Ditto		297.25	219.30	95.80	53.65	258.20	186.30	75.60	44.60
ntone ditto	Ditto		298.45	220.15	96.20	53.90	259.40	187.15	76.	44.85
hy ditto	Paris, Nevers		173.10	129.40	54.45	31.25	134.05	96.90	34.25	22.30
rmont - Ferrand or vice versa	Ditto		182.35	136.05	57.50	2.90	143.30	103.55	37.30	23.95
les-Bains, (this price from London only)	Paris, Mâcon, Culoz ...		209.40	155.55	66.45	37.70	170.35	123.05	46.25	28.75
amounix (3), ditto	Paris-Mâcon(4)		238.85	180.65	71.60	40.60	199.30	148.15	51.40	31.65
eva, or vice versa ...	Paris, Mâcon(4)		216.80	160.85	68.95	39.10	177.75	128.35	48.75	30.15
châtel ditto	Paris, Dijon...		198.	147.50	61.85	35.50	157.85	113.90	41.65	26.55
asanne ditto	Ditto		201.40	150.	62.65	36.05	161.05	116.20	42.45	27.10
ey ditto	Ditto		205.	152.60	63.45	36.60	164.25	118.40	43.25	27.65
rens ditto	Ditto		205.75	153.15	63.60	36.70	164.90	118.85	43.40	27.75
ntreux ditto	Ditto		206.20	153.50	63.70	36.80	165.25	119.10	43.50	27.85
ritet-halte (5) ditto	Ditto		206.35	153.65	63.75	36.80	165.40	119.25	43.55	27.85
in ditto	Paris, Modane		254	187.85	—	—	—	—	—	—
an ditto	Ditto		272.25	199.30	—	—	—	—	—	—

- These prices include for various port dues, the 6 Francs Tax for tickets viâ Calais or Boulogne, and 4 Francs for tickets viâ Dieppe. Prices of 1st and 2nd Class Tickets include the journey across Paris by Ceinture Railway for those travelling from London to Hyères, Cannes, Grasse, Nice, Monte Carlo, Mentone, Lyons, and Marseilles viâ Calais or Boulogne. This crossing of Paris is also included in the fares of 1st Class tickets for other places named, viâ Calais or Boulogne, but this is not provided for by 2nd Class tickets, viâ Calais or Boulogne, nor by 1st and 2nd Class tickets, viâ Dieppe.
- The time allowed for return tickets as above can be prolonged for a period equal to that allowed by the ticket, on payment of prices contained in the column above, "extension prices."
- The journey between the stations of Cluses and Chamounix is accomplished by means of carriages run in connection, by the "Société de Correspondance des Chemins de fer P. L. M. et du Jura-Simplon."
- Passengers can travel from Bellegarde to Annemasse by way of Genève-Cornavin and Genève-Eaux-Vives or by Saint-Julien-en-Genève, it being clearly understood that in the first instance they must provide at their own expense for the conveyance of themselves and their luggage between the stations of Genève-Cornavin and Genève-Eaux-Vives.
- The terms given viâ Calais or Boulogne between Territet-halte and London only exist when going from Territet-halte to London.

Stoppages—Tickets from London to France. Passengers can stop at any P. L. M. station "en route."

Tickets from London to Switzerland. Passengers can stop at any P. L. M. or Swiss station "en route."

Return Tickets from London to Turin and Milan. Stoppages can be made wherever desired on the journey.

SOUTH EASTERN RAILWAY

(LONDON, FOLKESTONE AND DOVER).

ROYAL MAIL AND SHORT SEA ROUTES.

DOVER & CALAIS,

DOVER & OSTEND, FOLKESTONE & BOULOGNE.

SHORT SEA AND MAIL ROUTES.

TERMINI IN LONDON—

CHARING CROSS
(West-end)

AND

CANNON STREET
(City)

LONDON & PARIS IN 7½ HOURS

(Allowing 20 minutes for Luncheon each way),

BY SPECIAL EXPRESS DAILY SERVICES,

Leaving London at 10.0 a.m., and Paris at 10.30 a.m., Daily,

Via FOLKESTONE & BOULOGNE.

ALSO

Via DOVER AND CALAIS,

Leaving London Daily at 8.0 a.m., 11 a.m., 8.15 p.m.; in connection with Through Services from Paris.

THIRD CLASS SERVICE—LONDON & PARIS,

Via DOVER AND CALAIS,

Leaving Charing Cross and Cannon Street Stations by *Night Mail Train* at 8.15 p.m.

Paris, Marseilles, Cannes, Nice and the Riviera, Brussels, Antwerp, Cologne, Berlin, St. Petersburg, Vienna, Munich, Lucerne, Berne, Zurich, Geneva, and the principal Continental Cities, &c.

Through Tickets Issued and Baggage Registered.

ALL CONTINENTAL TICKETS, single and return, for the Short Sea and Mail Routes via **Dover** and **Calais**, or **Dover** and **Ostend**, whether issued at Stations or at booking offices, are available by the **South Eastern Railway**.

(By Order) **MYLES FENTON**, General Manager.

LONDON BRIDGE STATION,
Season 1895.

South Western Railway.

The Shortest Route to the South-West and West of England, North Cornwall, North and South Devon, Exeter, Barnstaple, Bideford (Westward Ho!), Ilfracombe, Bude, *via* Holsworthy, Tavistock, Launceston, Plymouth, Devonport, Weymouth, Swanage, Bournemouth, Southampton, Portsmouth, Stokes Bay and Isle of Wight.

Fast Expresses at Ordinary 1st, 2nd and 3rd Class Fares.

FAST OCEAN STEAMERS

Leave Southampton regularly for New York, the West Indies, the North and South Pacific, Central and South America and Lisbon; also for the Cape and South African Ports.

LONDON AND PARIS,

viâ SOUTHAMPTON, HAVRE AND ROUEN.

Accelerated Service.—New Steamers.

LONDON TO PARIS **EVERY NIGHT (Sundays excepted).**

The Latest Train for the
Steamer leaves

WATERLOO STATION AT 9.45 P.M.

The Steamers leave
Southampton Docks for Havre
every Night (Sundays excepted)
at 12 midnight).

*Train leaves Havre 8 a.m.,
due Paris 11.30 p.m.*

PARIS TO LONDON **EVERY NIGHT (Sundays excepted).**

The Latest Train from Paris
for the Steamer leaves

THE GARE ST. LAZARE, AT 6.52 P.M.

The Steamers leave
Havre for Southampton every
Night (Sundays excepted)
at 11.45 p.m.

*Train leaves Southampton
6.50 a.m., due London 9.44 a.m.*

LONDON & CHANNEL ISLANDS,

ST. MALO AND CHERBOURG,

viâ SOUTHAMPTON.

Fast, powerful, and commodious Royal Mail Steam Ships, specially constructed for the Service, with every modern improvement and accommodation, including the electric light.

The Boats leave **SOUTHAMPTON** for **GUERNSEY** and **JERSEY** at midnight every **WEEK-DAY**; last train leaves Waterloo at 9.45 p.m., express direct to the Docks. Steamers arrive at Guernsey (under ordinary conditions) about 6 a.m.; and Jersey one and three-quarter hours later.

The Sea Passage is shortened by part of the voyage, being along the Solent within the Isle of Wight, passing Osborne, Alum Bay, the Needles, Bournemouth, &c.

Through tickets issued from London and principal stations on the South Western, London and North Western, Midland, and Great Northern Railways, including conveyance through London by the omnibuses plying between the stations, but passengers may break their journey in London.

Southampton to St. Malo.—Every Monday, Wednesday, and Friday afternoon or evening.

St. Malo to Southampton.—Every Monday, Wednesday, and Friday afternoon or evening.

Southampton to Cherbourg.—Every Tuesday, Thursday, and Saturday at 10.30 p.m. Last Train leaves Waterloo Station at 8.5 p.m.

Cherbourg to Southampton.—Every Monday, Wednesday, and Friday night at 11.30 p.m.

For Fares, &c., see Company's Public Time Books and Bills.

For further particulars apply to Mr. G. T. WHITE, Waterloo Bridge Station; Mr. J. E. HAWKINS, City Superintendent, Arthur Street West, London Bridge, E.C.; Mr. HARDEN, 39, Regent Street, Piccadilly Circus, W.; Mr. HEINIG, 9, Grand Hotel Buildings, Charing Cross, W.C.; or Mr. JOHN DIXON, Docks and Marine Superintendent, Canute Road, Southampton.

CHARLES SCOTTER, *General Manager.*

WATERLOO STATION,

January, 1895.

ST. GOTTHARD RAILWAY.

The Shortest and most Picturesque Route

BETWEEN

ENGLAND AND ITALY.

Enables Travellers to leave London and reach Brindisi in 63 hours.

Sleeping Cars and all other accommodation on
Express Trains.

*A feature in Modern engineering, and the impression
of a trip on this line will never be forgotten.*

The Scenery is of the grandest and wildest, yet most lovely description, embracing the Lake of Four Cantons or Lucerne, the Mount St. Gotthard and the Upper Italian Lakes.

The Stations all along the route offer a
great field for Excursions.

Through Tickets issued by all the London Railway Companies trafficking with the Continent; and by

THOMAS COOK & SON,

LUDGATE CIRCUS, LONDON,

AND THEIR BRANCHES.

COOK'S EXCURSIONS, TOURS, & GENERAL TRAVELLING ARRANGEMENTS.

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PIONEERS, Inaugurators, and Promoters of the principal systems of Tours established in 1841 in Great Britain and Ireland, and on the Continent of Europe.

Tourist Tickets by Midland Route issued by THOMAS COOK AND SON to Derbyshire, Yorkshire, Lancashire, Morecambe Bay, Isle of Man, Scotland, Ireland, &c.; also Cheap Excursion Tickets to and from London.

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Cook's West of England Tours, combining Railway, Coach, and Steamer to every point of interest in the West of England.

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